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Taking stock of a growing city

With 2016 quickly approaching, we break down where we're growing, how our industries are performing, and which sports teams are excelling (hint: all of them).

JASON MENARD

Population

The 2011 Census data shows that Vancouver's population was 603,502, with an estimated population of 2,313,328 within a one-hour commuting distance, according to statistics provided by Jag Sandhu, the City of Vancouver's corporate communications officer. Vancouver's population growth represents a 4.4 per cent increase from 2006. By 2041, the region's population is expected to be 3.4 million.



Industry

According to the City of Vancouver, the region's leading industries are the health/life sciences industry; the financial service, insurance, and real estate industry; and the technology, digital entertainment, and interactive industries. Interactive technologies include film, TV, VFX, animation, and gaming.

The largest employers in the area are the Vancouver Coastal Health Authority, the City of Vancouver, TELUS Corporation, and the Jim Pattison Group.



Sports

Vancouver remains one of Canada's marquee sporting cities, with the B.C. Lions making the CFL post season, the Vancouver Whitecaps reaching the MLS Conference semifinals, and the Vancouver Canucks enjoying early-season success in the NHL.

The upgrades and venues from the 2010 Olympics remain in use today as a living legacy to the Games. These include the Vancouver Convention Centre, the Richmond Oval, the Olympic Village, and the improvements to the Sea-to-Sky Highway. And even though some venues, such as the aforementioned Oval, have required subsidies, those eventualities benefit from a \$110-million Olympic legacy trust that was set up prior to the Games to protect against this type of issue.



Housing

There's a wide range of housing prices in the area, ranging from the high end of \$1.91 million, which is the average price of a detached home, to \$430,000, which represents the average of an apartment. In the middle, the average townhome runs about \$690,000. All of these numbers, provided by the City of Vancouver, represent an average between the east and west sides.

To help pay for these homes, the average household income in Vancouver is \$80,460 before tax (\$67,295 after tax), according to the 2011 National Household Survey.



Services keeping an eye on divergent needs of employers

JOBS

Future trends will dictate training, types of work

Stephanie Orford

"Desperate" isn't a word that's used often to describe the need for workers, yet that's the situation in some sectors of the job market in Vancouver. And that need is only growing, according to Alona Puehse, executive director of corporate development at Open Door Group, a non-profit organization that works with employers and job-seekers at 14 locations across the province.

"I think we are going to have a serious skills shortage," says Puehse. "More and more sectors are going to be desperate for workers."

Puehse estimates there are about 8,000 active employment seekers at any given time looking for work through organizations like Open Door Group in Vancouver.

"There's such a need even within entry level jobs," says Puehse, adding that three sec-

tors in need in Vancouver right now are construction, retail and hospitality and social services.

No matter the job level, tech literacy is becoming a very important part of the equation.

"Customer service skills are key, but because of the way technology has impacted every sector, whether it's processing a sale or counting inventory, the need for higher technical aptitude is there," Puehse says.

Open Door Group offers workshops and training programs to help workers adapt to the increasing technical demands their jobs will have of them.

"As those entry-level jobs involve technology more and more, there's going to be such a need for all people to build up a higher basic skill set around technology," she says.

Now there are one million job openings projected in B.C. by 2024 to supply a steadily growing economy. Employment services like Open Door Group have changed their approach over the past few years.

"Career services have traditionally been around the job

seeker, but we're having to balance that around a lot more labour market information from the employers themselves asking for employees with specific skills," Puehse explains.

Open Door Group and other services are training job seekers specifically to match the needs of employers.

B.C.'s 2014 Labour Market Outlook report predicted that

78 per cent of future job openings would require post-secondary education, including university education and apprenticeship



I think we are going to have a serious skills shortage.

Alona Puehse

training.

Employers are also looking to nontraditional ways of finding long-term, reliable labour, including diversifying where they're recruiting from. Puehse is working with some employers that are focusing their recruitment efforts within specific populations, such as the aboriginal community, recent immigrants, and youth.

"A lot more employers' ears are perking up wondering how they might recruit from these pools," she says.



Breezy Kuhnle, case manager at the Employment Services Centre. JENNIFER GAUTHIER



Alona Puehse, executive director of corporate development of Open Door Group at the Employment Services Centre in the Downtown Eastside. Puehse is helping people get ready for a time when certain sectors are desperate for workers. JENNIFER GAUTHIER

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Work-life balance: working on it

MENTAL HEALTH

Canadians feeling overloaded due to work

Stephanie Orford

Vancouver is considered one of the best places to live in the world, yet earlier this year Statistics Canada found Vancouver was Canada's least happy city.

Work-life balance is one factor that many Vancouver employers are now taking measures to address — implementing programs to increase the well-being of their workers.

It's a real problem that affects Canadian employers and the economy. Statistics Canada found that about 500,000 Canadians on an average work day are unable to work due to mental health problems, and 58 per cent of Canadians report feeling "overload" as a result of life pressures, including those associated with work.

According to the Canadian Mental Health Association, mental health problems were the leading cause of short-term and long-term disability leave in 2005, and cost the Canadian economy at least \$51 billion per year.

"Both the employee and employer have a role in maintaining a healthy balance," says Michael Anhorn, executive director of the Vancouver branch of the Canadian Mental Health Association (CMHA). "While employers must not impose lifestyle choices on workers, there are often ways that creative and motivated employers can remove barriers and support the personal health goals of employees."

Many employers are now partnering with the CMHA to offer work-life benefits.

The City of Vancouver recently hosted a program where employees learned about their own mental health risk and set goals with one-on-one coaches on how to improve their well-being at work and beyond. The Vancouver Fire and Rescue Services offered a series of skill-building workshops to



Madith Wilson leads a lunch-hour yoga class in the boardroom at the Canadian Mental Health Association. JENNIFER GAUTHIER

increase mental health literacy to strengthen the psychological health of their first responders teams and to enhance the ability of their employees to better assist members of the public who may be experiencing a mental health crisis.

Employers including Rogers Communications, TransLink, Van-

city, City of Burnaby, Providence Health Care and City of Surrey host Wellness and Health Fairs for their employees, along with many other initiatives to help employers and employees identify and treat mental health in the workplace.

The changes happened thanks in part to updated workplace

regulations introduced by WorkSafeBC in 2012 and the Mental Health Commission of Canada in 2013.

"Leaders in all sectors and all sizes of organizations are using the standards to champion increased focus on psychological health and safety in the workplace," says Anhorn.



Both the employee and employer have a role in maintaining a healthy balance.

Michael Anhorn, executive director of the Vancouver branch of the Canadian Mental Health Association (CMHA)



Downtown Vancouver is seen from West Hastings Street. The city is leading the way when it comes to socially sustainable architecture. JENNIFER GAUTHIER

A city designed to be lived in

ARCHITECTURE

Attracting people into the core remains major focus

Stephanie Orford

As a city grows and changes over decades, the city's values and personality become clear through its buildings.

For more than 15 years, Vancouver has led Canada in sustainable architecture, but now the city's concept of "sus-

tainable" has graduated from environmental sustainability to social sustainability.

"I think that we're entering an era where aspects of social sustainability are going to be given far more prominence than they have been in the last 10 to 15 years," says Darryl Condon, Managing Principal of HCMA Architecture + Design and president of the Architectural Institute of British Columbia.

Over the last 15 years or so, Vancouver has been a leader in the adoption of green-building principles, says Condon.

The crop of buildings that were built over the past two decades that now characterize



We're going too be needing to find ways of adding density in a gentle fashion, in a way that will intensify and provide better neighbourhoods.

Darryl Condon, HCMA Architecture + Design

Vancouver have design elements that feature an environmental performance aspect, such as solar panels or exterior sunshades.

"The technical aspects of the sustainable design strategy became a part of the expression of the building," Condon says.

The city is also known for its tower-and-podium form of development, rather than just

a particular architectural style.

"Vancouver has received tremendous attention for the way we've transformed the city and made it a place for people, and brought residents into the core," says Condon. "It's probably more planning than it is the design of the buildings, but the two work hand-in-hand."

The effect of developing the

city this way — with low-rise townhouse-type units along the street edge, punctuated by towers strategically placed to maximize exposure of views and light — has created more opportunities for businesses at street level, and more natural places for people to socialize.

"Many cities aren't like that. Many North American cities in the postwar period had planned their cities with much sharper distinctions between uses," Condon says. "Outside of office hours, those cities become deserted. Vancouver is very different than that.... People are living in the downtown core and adding vitality."

In the coming decades, Vancouver will face the challenge of developing density to accommodate its growing population, while maintaining its livability.

"We're going to be needing to find ways of adding density in a gentle fashion, in a way that will intensify and provide better neighbourhoods," says Condon. "We need to start talking about the role of our architecture and our city building has in influencing the cultural fabric of the community.... Building stronger social cohesion and social infrastructure is going to be increasingly part of the discussion."

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The CIRS building at UBC. JENNIFER GAUTHIER

Happiness a key factor in city's sustainable future

INVESTING

Creating cities shaped with well-being in mind

Stephanie Orford

Sustainable building has gone way beyond solar panels and rain water collection. Over the next decade and beyond, the driver of sustainable building in Vancouver will be happiness, according to Martin Nielsen, a registered architect and mechanical engineer

at Vancouver architecture and design firm Dialog.

Researchers are finding that creating buildings and cities that are shaped with human happiness and well-being in mind is the most crucial aspect of creating a sustainably built society.

Vancouver's public transit system is a case in point. Investing in public transit is the single best way the province can reduce Metro Vancouver's carbon footprint, per person, says Nielsen.

The Millennium Line SkyTrain stations are an example where human behaviour was taken into account in the design.

Stations like Brentwood deliver a great rider experience, with beautiful, light-filled de-

sign, warm wood, and shops and services located conveniently nearby. The result is increased ridership and a society where public transit is considered to be for everyone, not the less desirable option, relegated to people who can't afford a car.

"It's interesting to see how the perception of mass transit has changed in the last decade," says Nielsen. "If you had a SkyTrain station it was considered a liability, but today the SkyTrain stations are almost a gift to that community."

When it comes to sustainable building practices and technologies in Vancouver, change isn't happening as fast as it could be.

Housing developers have been

cautious about adopting new sustainable building practices, Nielsen explains. Instead, institutions are leading the charge in sustainable building.

In a project led by Nielsen, UBC built the Centre for Interactive Research on Sustainability (CIRS) building using sustainable design principles. It acts as a living lab, providing a venue for university activities, and a testing ground for sustainable building design and management.

The building has many of the bells and whistles of sustainable technology, including solar photovoltaic panels, solar hot water panels, rain water collection. It even treats its own waste water using an organic system

of bacteria and plants located onsite.

But the psychological layer of sustainable design is just as important. Daylight has been shown to make people happier, healthier and more productive, so the building is designed with a narrow floor plate that allows everyone working there access to daylight and views. There's even a windowed lecture theatre, an unusual feature in a university. It's usually booked solid.

The most successful environmentally conscious technologies are the ones that people actually enjoy using, says Nielsen.

"Human behaviour is a big part of the equation of solving our environmental issues."

EARTHQUAKE

The (not so) Big One

British Columbians are taught from a young age how to deal with The Big One — the large subduction earthquake that recurs about every 600 years. Kids do earthquake drills in classes just like they do fire drills. Schools, families, workplaces have earthquake survival kits.

But it's not the big one we should be worrying about, according to Perry Adebar, professor of structural engineering and head of Civil Engineering and UBC. It's the medium-sized one.

"In my opinion there's far too much focus on the so-called 'big one,'" he says. "There are other earthquakes that could happen and are much more likely to happen and the effect on Vancouver could be considerably greater."

Earthquakes are happening every day in B.C. The Natural Resources Canada Earthquakes Canada webpage shows they're peppered throughout the region. The small magnitude quakes happen the most frequently, and the stronger they get, the less frequent they happen. On June 3, a normal day, there were 13 quakes in B.C.

"The thing we have to worry about is one that's smaller that will be closer to Vancouver," says Adebar.

When Vancouver structural engineers in Vancouver design their buildings, it's the smaller quakes that they take into more careful consideration, he says.

The 2011 earthquake in Christchurch, New Zealand is a case study in point. In 2010 a 7.1-magnitude earthquake hit well outside the city and did very little damage. Then in 2011 a 6.3-magnitude quake happened only 10 kilometres from the downtown core and just five kilometres deep, and it destroyed the city.

When this smaller, but closer quake comes to Vancouver, there aren't likely to be many fatalities. Instead, infrastructure damage will be the biggest concern. **STEPHANIE ORFORD**

City shopping battle in store

BUSINESS

Competition for dollars will be a benefit to consumers

Stephanie Orford

The recent Nordstrom opening was perhaps the largest and glitziest store opening Vancouver has seen, but now that the red carpet is rolled up, competition between Holt Renfrew, Nordstroms and Hudson's Bay is heating up and all are pulling out the stops to compete for your dollars.

In preparation for its competition, Holt Renfrew announced earlier that it was doing a major update of its Dunsmuir location, adding another 40,000 square feet. Most notable is the addition of a luxury apartment complete with a rooftop terrace for invite-only shoppers to view the latest in style trends on real life models. This apartment shopping concept is new to Vancouver, but first opened in Toronto in 2013.

"Our customers come to us for a journey of discovery, which is unique," said Craig Duncan, GM of Holt Renfrew in Vancouver.

Holt Renfrew even hosted a holiday shopping event called "Christmas Imagined by Holt,"

which added Cirque du soleil's Kooza dancers to the shopping experience.

As unique as apartment shopping is in Vancouver, Holt Renfrew isn't the only one offering above-and-beyond services to woo customers. Hudson's Bay upped its game in 2012 by turning one of its floors into "The Room," which offers exclusive luxury brands, personal shoppers and a private fitting room for upscale clientele.

The Bay is also throwing events to woo holiday shoppers, like one-day sales and a private event hosted by The Bachelorette's Kaitlyn Bristowe.

Nordstrom is the new store on the block, but they've come in with a bang and are offering lots of bells and whistles, such as a 24-hour fashion emergency hotline.

"Need an alteration before your early-morning meeting? Forgot to pack an important item? Lost luggage left you with a late-night fashion emergency? Give us a call," says John Bailey, public relations manager at Nordstrom.

The store also offers a concierge service, which will do everything from hail you a cab to recommend where to eat. They'll even lend you an umbrella.

On top of that, Nordstrom is also keeping things fresh with a pop-up shop called Pop-In@Nordstrom, which rotates every few weeks.



The Nordstrom Pacific Centre is shown during the in-store opening gala in September. Department stores have added more services and improved the shopping experience in response to greater competition. GETTY IMAGES

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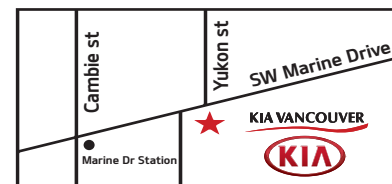
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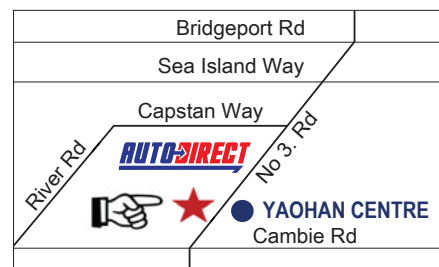


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it's been a rocky four years for the cyclical industry, which is in a prolonged slump due to plummeting commodity prices. CONTRIBUTED

Mining industry hangs tough in slump

WEATHERING THE STORM

Difficult time for the backbone of B.C.'s economy

When it comes to Vancouver's economy, tech startups, green technology and the film industry tend to hog the spotlight with natural resources swept aside, even though they've historically been the backbone of B.C.'s economy.

But Karina Brino, president of the Mining Association of

B.C., can't imagine what Vancouver would look like without the mining industry that explores for coal, gold, copper and other minerals.

She points out that in Metro Vancouver alone, there are between 600 to 800 mining head offices and about 1,600 companies that supply the industry.

"In Vancouver, I don't know we'd need a Starbucks on every corner if we didn't have these 800 mining companies housed in the postal code," Brino says. "We're talking about over \$1 billion in business transactions."

But it's been a rocky four

years for the cyclical industry, which is in a prolonged slump due to plummeting commodity prices. Mines are temporarily shutting down across the province, with Teck Resources, Canada's largest diversified mining company, pausing work at five B.C. coal mines last summer. Junior exploration companies have it even worse as cash is drying up, according to Pricewaterhouse Coopers industry reports.

"When you say how bad it is really, it's bad. It's a difficult time," Brino says. "We're now in the stage where mines are shutting down, which is not

something we've seen in the past to the extent we've seen today."

"We know we need to get through it. We know they will, the question is when."

Brino, whose association represents major producers, used every metaphor in the book — "staying the course, buckling up, weathering the storm" — to describe how major producers are handling the extended downturn.

It's still a huge business. Gross revenue was about \$8.2 billion in 2014, although net income before taxes dropped to \$288 million from \$1.4 bil-

lion in 2013, according to PwC.

Yet the economy isn't the only hurdle the industry faces going forward.

The Mount Polley disaster in summer 2014 also prompted major safety reviews, which will include First Nations. Environmental stewardship must be part of business culture because "it does not make business sense to not pay attention to those things," Brino says.

Despite the mining sector's shrinking number of jobs in B.C. — and some urbanites' preference for an economy not based on resource extraction — Brino believes the industry

isn't going anywhere, especially considering the astronomical demand for steelmaking coal in India and China.

"Historically we have been part of the backbone of this province. I not only trust that we will continue to be, but that we need to continue to be," she says, noting Canada and B.C. are mining well-known across the globe as mining jurisdictions, and B.C.'s tax environment remains attractive.

"If you look at Vancouver again, can we do without mining? I really question what that picture would look like."

FOR METRO



The Capilano Reservoir in North Vancouver supplies a third of the region's drinking water. JENNIFER GAUTHIER

'Dark Ages' of conservation

ENVIRONMENT

Droughts put spotlight on metering, water usage

Stephanie Orford

Vancouver's climate is steadily changing, along with the rest of the world, and a new reality of summer drought has begun to take hold.

For the city to adapt, its water conservation strategies need to change at all levels — government regulations, the policies of organizations and the habits of individuals — says Hans Schreier, a professor emeritus of soil sciences in the Land and Water Systems and Soil Science Departments at UBC.

"When you look at innovation, Metro Vancouver is in the Dark Ages," Schreier says, referring to the fact that, although the region's new buildings and businesses are all now required to metre their water consumption, usage monitoring in existing homes isn't required.

As a result, he says Vancouverites in older homes will continue for years to waste water, flushing their high-volume toilets and watering their lawns on timed sprinklers when it's raining — with few incentives to do otherwise.

"About somewhere between 35 and 40 per cent of bacteria-free drinking water is used for lawns," Schreier says. "We spend huge amounts of money to treat this water so it's absolutely safe, and then we use it on lawns."

Simply installing water metres changes water usage behaviour very quickly.



The Cleveland Dam contains the reservoir. JENNIFER GAUTHIER

"Consumption goes down 20 to 30 per cent as soon as you metre," says Schreier. "It's the first thing the city should start considering."

The principle has works in many jurisdictions around the world, including in Abbotsford, West Vancouver, Surrey and Gibsons.

Vancouverites can conserve water in other ways, too.

Individuals can water their lawns in the summer using stored water runoff from their homes, rather than drawing water from the municipal supply.

"The ability to collect water in a rain barrel will become

"We spend huge amounts of money to treat this water so it's absolutely safe, and then we use it on lawns."

Hans Schreier, UBC professor

really important as a means of watering plants," says Timothy McDaniels, a professor of decision making and policy analysis at the School of Community and Regional Planning at UBC.

Low-consumption appliances are also helping, McDaniels says. Low-flow toilets alone can help every individual save about 100 litres of water every day.

Another simple upgrade Metro Vancouver needs to

make is to replace its ancient pipes.

"A lot of water is lost through our old existing piping system," says McDaniels. About four to eight per cent of Vancouver's water is wasted this way, according to Schreier.

A few simple habitual changes, combined with government incentives, will go a long way to making Vancouver's water use sustainable in the coming decades.

20-30%

Experts say water consumption goes down by 20 to 30 per cent after water metres are installed.

Second-generation Canadians defining city's cultural identity

IMMIGRANTS

Demographic made up 23 per cent of the B.C. population in 2011

Stephanie Orford

Vancouver's cultural fabric is ever-changing. Every year about 40,000 new immigrants arrive in B.C. Between 2005 and 2009, more than 190,208 immigrants arrived in the Lower Mainland.

Their primary source countries were Mainland China, India and the Philippines.

A major part of the culture of B.C. is shaped by its second-generation Canadians: "those who are Canadian-born and for whom one or both parents were born outside Canada," according to the 2011 National Household Survey (NHS).

Second-generation Canadians made up about 23 per cent of the B.C. population in 2011, the highest proportion among all Canada's provinces and territories, and they're having a growing impact on B.C., according to the survey.

"Its members can be con-

Its members can be considered as a bridge between the first generation newcomers and those who have been in the country for at least three generations.

2011 National Household Survey (NHS)



sidered as a bridge between the first generation newcomers and those who have been in the country for at least three generations," says the survey.

Many second-generation Canadians explore their cultural identity through artistic expression: Vancouver-born Wayson Choy wrote

his acclaimed novel *The Jade Peony* about three siblings of Chinese heritage growing up in Vancouver's Chinatown.

Indo-Canadian comedian Russell Peters, who was born and raised in Toronto, breaks his audiences with imitations of every possible ethnic type.

The overlap of cultures

is fertile ground for creativity and has shaped Vancouver's culture. Sometimes that takes the form of carrying cultural traditions into Vancouver — the city's calendar is full of cultural celebrations from around the world, like Diwali and Chinese New Year.

For others that means breaking away from the traditions of their parents and grandparents and starting something new.

"In some communities some people are more likely to bring their culture and customs of their home country into their neighbourhoods and communities, but my experience of the first

generation born here is it's a pretty cosmopolitan and international generation," says Deb Bryant, CEO of the Association of Neighbourhood Houses of BC, an organization that represents a network of neighbourhood houses across Vancouver that provide programs to provide social support and community activities for the people in their neighbourhoods.

"People are connected to their culture and customs of the country their family comes from, if there's only one country, but as people born here there's just this huge sharing and integrating mosaic of different approaches."



Members of the Persian community gathered at Ambleside park in West Vancouver last Tuesday evening to celebrate the last night before the Persian New Years, Norooz. People lined up to jump over bonfires, a purification ritual. JENNIFER GAUTHIER

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Thousands gather for a national service at Notre Dame cathedral on Sunday for the victims of the terror attack. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

Paris **Bombs target ISIL as police seek attacker**

France launched "massive" airstrikes on Islamic State of Iraq and the Levant's (ISIL) de-facto capital in Syria Sunday night,

destroying a jihadi training camp and a munitions dump in the city of Raqqa, where Iraqi intelligence officials say the attacks on Paris were planned.

Twelve aircraft including 10 fighter jets dropped a total of 20 bombs in the biggest air strikes since France extended its bombing campaign against the extremist group to Syria in September, a Defence Ministry statement said. The jets launched from sites in

Jordan and the Persian Gulf, in co-ordination with U.S. forces.

Meanwhile, as police announced seven arrests and hunted for more members of the sleeper cell that carried out the Paris attacks that killed 129 people, French officials said several key suspects had been stopped and released by police after the attack.

The arrest warrant for Salah Abdeslam, a 26-year-old born in

Brussels, calls him very dangerous and warns people not to intervene if they see him.

Yet police already had him in their grasp early Saturday, when they stopped a car carrying three men near the Belgian border. By then, hours had passed since authorities identified Abdeslam as the renter of a Volkswagen Polo that carried hostage takers to the Paris theatre where so many died.

Three French police officials

and a top French security official confirmed that officers let Abdeslam go after checking his ID.

Tantalizing clues about the extent of the plot have emerged from Baghdad, where senior Iraqi officials said France and other countries had been warned on Thursday of an imminent attack.

An Iraqi intelligence dispatch warned that ISIL leader Abu Bakr al-Baghdadi had ordered his followers to immediately launch

gun and bomb attacks and take hostages inside the countries of the coalition fighting them in Iraq and Syria.

The officials also said that a sleeper cell in France then met with the attackers after their training and helped them to execute the plan. There were 24 people involved in the operation, they said: 19 attackers and five others in charge of logistics and planning. THE ASSOCIATED PRESS

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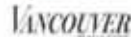
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Rainfall fails to dampen city's show of support

Paris
Vancouverites pay tribute to victims with vigil, displays



Matt Kietlyka
Metro | Vancouver

Hundreds of people braved heavy rain on Saturday for a candlelight vigil and rally for the victims of Friday's terrorist attacks in Paris.

The strong show of support outside the Vancouver Art Gallery was one of many ways Vancouverites reached out to extend their condolences in light of the attacks that left 129 people dead (as of Sunday night) and many others injured.

B.C. Place and the sails of Canada Place were lit up in the colours of the French flag, blue, white and red, while people left flowers, candles and cards outside the French consulate in Vancouver.

Flags at Vancouver City Hall were lowered to half mast, while B.C. Premier Christy Clark and Vancouver Mayor Gregor Robertson, like many elected leaders around the globe, released statements in



A man holds a candle during a vigil in Vancouver on Saturday to honour the victims of the terrorist attacks in Paris.

DARRYL DYCK/THE CANADIAN PRESS

reaction to the attacks.

"I am shocked and saddened by the deeply horrific attacks in Paris tonight," Robertson said in a statement released Friday. "I will be reaching out to Mayor (Anne) Hidalgo of Paris as soon as possible to offer all appropriate assistance from Vancouver in the wake of this tragedy, and in the weeks ahead."

Clark was shocked and sick-



Those who commit such acts of violence want to change us, and our shared values. They will fail.

B.C. Premier Christy Clark

ened by the attacks, according to her defiant statement in support of France.

"Tonight, all Canadians and British Columbians stand with them, both in grief for those

who were killed, but also in resolve," Clark said. "Those who commit such acts of violence want to change us, and our shared values. They will fail."

University of British Colum-

bia interim president Martha Piper said there were 100 UBC students on exchange in France at the time of the attacks, 14 of whom were known to be in Paris and are safe.

Two UBC students were also studying in Lebanon, where at least 43 people were killed in suicide bombings on Thursday.

The university confirmed both students are accounted for and safe, as well.

LOCAL IN PARIS

Quiet followed by chaos



Ryan Tumilty
Metro | Edmonton

When two bombs were detonated outside the French national stadium on Friday — in the beginning of a siege on Paris that would claim 129 lives — Aaron Watkins was sitting in the stands.

Watkins, who is originally from Edmonton and now lives in Vancouver, said at first people didn't know what to think about the explosions.

"I think like two minutes into the game we heard a big boom," he said. "It definitely sounded like a bomb or something exploding, but we didn't want to think that was what it was."

The soccer game between France and Germany continued, but Watkins said the crowd grew nervous about 30 minutes later as information started to flow via social media alerts on people's phones.

Watkins described the last half of the game as eerily quiet.

"Everyone was looking around and not sure whether to leave or stay," he said. "It was like a silent panic."

When the game was over, officials had people leave through specific exits.

"We were all getting ushered out of two gates and then a firecracker went off," he said. "All of a sudden it was pure pandemonium and everyone tried to take cover or run away."

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Committee considering tax on sugary beverages

HEALTH

Health issues associated with drinks carry costs



Matt Kieltkyka
Metro | Vancouver

British Columbia should look at taxing pop and other sugary drinks, a bipartisan budget committee has recommended.

After a series of public consultations and stakeholder meetings over the past several months, the bipartisan Select Standing Committee on Finance and Government Services released its provincial budget recommendations on Friday.

The 63 recommendations touch on everything from B.C.'s commitment to balanced budgets, increasing funding for education infrastructure, addressing housing affordability issues, promoting clean energy and supporting resource industries.

One of the recommendations in the health category urges the province to "explore the implementation of a tax on sugar-sweetened beverages to counteract potential health concerns associated with the consumptions of the beverage, including obesity and diabetes, and ensure that any resulting revenues are directed to help support and promote healthy living."



B.C.'s bipartisan budget committee has recommended that the province explore a tax on sugary beverages. COLOURBOX.COM

The recommendation stems from committee's meeting with the Canadian Diabetes Association in September.

The association's chief scientific advisor, Dr. Jan Hux, told Metro the consumption of pop and other sugary drinks is proven to contribute to diabetes.

There are more than 400,000 people diagnosed with diabetes in B.C., which Hux said costs the province \$1.5 billion in health care spending.



A tax like this only works when there's no easy substitution. If you smoke, what's the alternative?

Scott Hennig
Canadian Taxpayers' Federation vice president

The Canadian Taxpayers' Federation met with the committee in September to voice their opposition to such a tax.

Scott Hennig, the group's vice-president, said the CTF remains opposed to a tax on sugar-sweetened drinks and

questions how effective it would be.

"A tax like this only works when there's no easy substitution. If you smoke, what's the alternative [to paying a tax on the product]? Alcohol is similar, it's a heavy regu-

lated product," he said.

Meanwhile, there'd be plenty of options for people looking to satisfy their sweet tooth, he said.

The Canadian Diabetes Association, on the other hand, points to Mexico, where a similar tax has resulted in a drop of consumption and new diabetes diagnosis among some demographics.

The committee's recommendations are non-binding. Finance Minister Mike de Jong is set to table the provincial budget in February.

COUNCIL

Residents Association, city at odds over False Creek park

Some False Creek residents are shaking their heads at a motion asking the Vancouver park board to pen a letter thanking the mayor and council for voting to tear down the viaducts, a choice that will result in a larger park next to False Creek.

Vision Vancouver commissioner Catherine Evans put forward the motion asking her fellow board members to commend council's decision, calling it a "major step forward" to making the park a reality after being held up for years by land use issues.

But the False Creek Residents Association believes it's way too soon to congratulate council since there are still unanswered questions about the park, according to an email from co-chair Fern Jefferies.

"It is shameful that you would waste time considering a cheerleading activity when there is so much serious work to be done," Fern Jefferies wrote in an email.

It's not clear why the size of the park has increased to 13 acres from nine acres when it appears to include restaurants and bars at Georgia

Wharf, closes Carrall Street to cars and gets rid of a slice of Andy Livingstone Park, Jefferies wrote.

Her letter appeared to express the view of the association, which consists of people in more than 20 high-rise buildings in the neighbourhood.

But Evans' motion will face an uphill battle considering Vision is the only party that supported removing the viaducts. The Non-Partisan Association, which voted against the tear down, holds a majority on the park board. EMILY JACKSON/METRO

SAFETY

Surrey RCMP seek clarity after incident

Surrey Mounties are seeking tips about a pickup truck linked to a possible attempted abduction of a six-year-old boy in Cloverdale last week.

Police are investigating a suspicious incident involving the child in the 6100 block of 194A Street on Thursday at about 5:30 p.m., Surrey RCMP stated in a news release Sunday.

But the circumstances of what transpired are not clear, and police need more information about a vehicle, as well as the two men believed

to be inside the truck, before they can confirm exactly what happened.

So far, they say they have "ruled nothing out."

Police describe the vehicle as a two-tone, older model Dodge pickup truck.

Officers are canvassing the area where the incident is believed to have occurred for witnesses and collecting evidence.

Anyone with information is asked to call Surrey RCMP at 604-599-0502 or Crime Stoppers at 1-800-222-8477. EMILY JACKSON/METRO

COAL HARBOUR

Park to add new eatery



Emily Jackson
Metro | Vancouver

The Vancouver Park Board has chosen two businesses to build and operate a restaurant at a coveted waterfront public park in Coal Harbour.

The Sequoia Company of Restaurants, known for its upscale establishments including Seasons in the Park and Cardero's, and McDougall Holdings, which operates the Flying Beaver pub in partnership with Harbour Air, won the bid to build a restaurant by the grand staircase at Harbour Green Park.

They beat out at least six other operators for the prime real estate along the seawall and near the Vancouver Convention Centre, home to massive conferences that have kept nearby restaurants packed this year.

The proponents promised to pay an annual base rent of \$200,000 and an escalating proportion of profit depending on how much cash they rake in from hungry tourists and locals, according to a park board report. That could mean nearly a million bucks extra annually if the restaurant earns more than \$12 million.

But first, the proponents must go through a new development permit process. The city already approved a design for the restaurant in 2008, but the newly selected operators want to build a shorter building in order to minimize impact on views.

This will involve a "rigorous" public consultation process, according to the park board.

Adding a restaurant to the public space is part of the park board's 2006 concession strategy. It tried to find an operator in 2009, but wasn't impressed by the proposals at the time.

Park board commissioners must give a final stamp of approval to the bid winners before they proceed. A decision is expected Monday night.



The proposed design for the new restaurant. CONTRIBUTED



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PM171	2015 MINI Cooper Convertible	Pepper White	8,891	\$35,569	\$32,070
QM121	2015 MINI Cooper Convertible	Pepper White	3,019	\$34,240	\$32,740
PM189	2015 MINI Cooper Convertible	White Silver	3,025	\$34,680	\$33,180
QM118	2015 MINI Cooper Convertible	White Silver	5,800	\$38,180	\$36,180
QM192	2015 MINI Cooper Convertible	Lightning Blue	3,021	\$37,980	\$36,480
QM193	2015 MINI Cooper Convertible	Chili Red	3,020	\$39,520	\$38,020
QM193	2015 MINI Cooper Convertible	Chili Red	3,483	\$39,820	\$38,320
PM162	2015 MINI Cooper S Roadster	Pepper White	11,520	\$38,149	\$33,700
PM345	2015 MINI Cooper S Roadster	Midnight Black	7,054	\$41,990	\$38,490
PM249	2015 MINI Countryman S	Midnight Grey	7,601	\$39,039	\$35,540
PM249	2015 MINI Countryman S	Midnight Grey	7,601	\$39,039	\$37,040
PM290	2015 MINI Countryman S	Midnight Grey	3,765	\$39,839	\$37,500
PM198	2015 MINI Countryman S	Jungle Green	3,474	\$39,890	\$38,390
QM008	2015 MINI Countryman S	Light White	5,500	\$40,249	\$38,750
QM008	2015 MINI Countryman S	Light White	5,500	\$40,300	\$38,800
PM290	2015 MINI Countryman S	Midnight Grey	3,940	\$40,540	\$39,040
QM102	2015 MINI Countryman S	Crystal Silver	3,027	\$40,640	\$39,140
QM163	2015 MINI Countryman S	Cosmic Blue	3,010	\$40,190	\$39,190
QM014	2015 MINI Countryman S	Jungle Green	3,405	\$41,930	\$40,430

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QMU033	2014 MINI Cooper S	Volcanic Orange	19,238	\$31,188	\$29,480
QMU030	2014 MINI Cooper S	Midnight Black	12,622	\$31,490	\$29,888
QMU038	2014 MINI Cooper S	Thunder Grey	28,189	\$35,688	\$32,600
QMU060	2012 MINI Cooper Coupe	Eclipse Grey	14,251	\$22,685	\$21,888
QMU056	2014 MINI Cooper Coupe JCW	Pepper White	7,454	\$43,000	\$36,381
QMU044	2014 MINI Countryman	Light White	13,332	\$30,688	\$29,788
QMU028	2012 MINI Countryman S	Light White	37,560	\$24,995	\$23,995
QMU048	2012 MINI Countryman S	Light White	48,624	\$28,885	\$27,885
QM063A	2013 MINI Countryman S	Brilliant Coper	28,722	\$29,990	\$29,489
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Northern Gateway dead

NORTH COAST

Moratorium on tanker traffic effectively kills pipeline

Conservationists are heralding the federal government's decision to ban crude oil tanker traffic along British Columbia's north coast as the death knell for the proposed Enbridge oil pipeline.

Prime Minister Justin Trudeau delivered instructions Friday to the ministers of transport, fisheries, natural resources and environment to formalize a moratorium that experts say blocks the controversial Northern Gateway project from continuing.

A ban would prevent hundreds of tankers each year from carrying diluted bitumen extracted from Alberta's oil sands and piped up to northern B.C. from being shipped for export overseas.

"It will mean that Northern Gateway will never happen," said Gerald Graham, a Victoria consultant specializing in oil spills for more than 40 years.



An oil tanker is guided by tug boats as it goes under the Lions Gate Bridge at the mouth of Vancouver Harbour in May 2012. JONATHAN HAYWARD/THE CANADIAN PRESS

He said it remains to be seen what activities other than projects involving crude oil tankers will be permitted and which communities could be affected. "It's one thing to say what can't take place, but another to say what will be allowed."

The moratorium makes official a non-binding motion the House of Commons passed in

2010. It would put the Dixon Entrance, Hecate Strait and Queen Charlotte Sound off limits to tanker traffic in the government's bid to protect ecologically sensitive areas.

An array of 30 environmental First Nations and northern B.C. groups also applauded Trudeau's edict by sending him an open letter of support.

However, a spokesman for Northern Gateway said the company will remain committed to the "essential" infrastructure.

Ivan Giesbrecht said in a statement that staff look forward to an opportunity to meet with Trudeau to update him on the project. He noted a tanker ban has a potential economic impact on First Nations and Metis com-

“We have made significant progress building support on the B.C. coast and along the pipeline corridor.”

Ivan Giesbrecht,
company spokesman

munities in the region.

"We have made significant progress building support on the B.C. coast and along the pipeline corridor," he said.

The \$7-billion Northern Gateway project received government approval in June 2014 upon review by the National Energy Board, contingent on 209 conditions. The Federal Court of Appeal is currently considering whether to overturn the approval after a court challenge by First Nations and environmental groups.

The company estimated it would boost Canada's gross domestic product by \$300 billion over 30 years. THE CANADIAN PRESS

ON THE ROADS

One killed, one injured in collision, speed blamed

Vancouver police say speed is likely a factor in a crash that killed one man and sent another to hospital on Saturday.

Const. Brian Montague says a vehicle making a left turn on 41st Avenue was struck by a car heading north on Oak Street.

The 68-year-old Vancouver man who had been making the left turn was rushed to hospital with significant injuries and did not survive.

The driver of the northbound car is a 34-year-old Richmond resident who is being treated for non-life-threatening injuries.

Montague says collision investigators are probing the crash but evidence and witness reports indicate the speed of the northbound car was a factor.

He says having to tell someone their loved one died in a car crash is a horrific job that police are doing far too often. THE CANADIAN PRESS

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KITSILANO

Coast Guard base to re-open



Thandi Fletcher
Metro | Vancouver

Prime Minister Justin Trudeau has ordered the Kitsilano Coast Guard base in Vancouver to be re-opened in a mandate letter to Minister of Fisheries and Oceans Hunter Tootoo.

Trudeau had promised to re-open the coast guard base during the election. It's unclear when the base will be up and running again.

Vancouver Mayor Gregor Robertson welcomed the announcement, calling it "great news for our city, and the safety of our harbour and local waters."

In a statement Friday, Robertson said he spoke with Trudeau two weeks ago about "how this decision was one of the City of Vancouver's top priorities for the new federal government." To see the prime minister act on his commitment is "very encouraging," said Robertson.

The Kitsilano Coast Guard base was considered the busiest in Canada before the Conservative government closed it in 2013 as part of budget cuts.

Shutting down the station,



A Coast Guard contractor removes pile rings from a dock outside the Kitsilano Coast Guard station in March 2013 following the base's closure. JENNIFER GAUTHIER/METRO FILE

which responded to more than 300 calls a year, drew widespread criticism at the time.

Describing the Kitsilano Coast Guard base as one of the most important public safety resources for Vancouver and the city's harbour, Robertson said marine safety experts had expressed "grave concerns" about the dangers posed by its closure.

"This direction by the Prime Minister shows that the new federal government takes Vancouver's voices very seriously and is committed to enhancing safety in our local waters," said Robertson.

The Sea Island coast guard base in Richmond, about 17 nautical miles away, has handled search-and-rescue services since the Kits closure.

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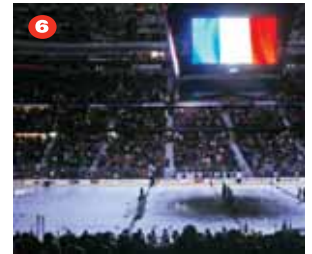
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Canadian landmarks light up in support of France

Paris | Our country's reaction in blue, white and red, as collected by Metro newsrooms



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- 1** **Calgary** The Calgary Tower lit in the colours of the French flag after attacks in Paris.
THE CANADIAN PRESS
- 2** **Edmonton** High Level Bridge shone in solidarity Saturday and Sunday.
RYAN TUMILTY/METRO EDMONTON
- 3** **Toronto** The CN Tower was one of the first landmarks to glow in blue, white and red.
TORSTAR NEWS SERVICE
- 4** **Winnipeg** The new Grey Cup sign at The Forks was illuminated over the weekend.
THE CANADIAN PRESS
- 5** **Halifax** Haligonians could see Halifax City Hall lit up in French colours Saturday night.
@ALEXANDERQUON
- 6** **Ottawa** On Friday, a moment of silence to honour victims featured the French flag on a video screen prior to NHL action. FRED CHARTRAND/THE CANADIAN PRESS
- 7** **Vancouver** The sails of Canada Place in Vancouver were lit blue, white and red on Saturday night. CANADA PLACE/INSTAGRAM

Trudeau low-key on security

Paris

World leaders step up calls for unity against ISIL

World leaders, led by U.S. President Barack Obama, are stepping up their calls for a united fight against Islamic State of Iraq and the Levant (ISIL) extremists, portraying Friday's deadly attack in Paris as an assault against all their countries.

Obama branded the terrorist incident as an "attack on the civilized world."

The U.S. later confirmed it would work with France to step up its airstrikes against extremists.

Canadian Prime Minister Justin Trudeau kept a low profile on the issue at the G20 Summit in Antalya, Turkey, on Sunday.

He used his first foray on the world stage to talk up infrastructure investments and youth as the keys to economic



Prime Minister Justin Trudeau takes part in a moment of silence to honour the victims of Friday's attacks in Paris, at the start of a plenary session at the G20 Summit in Antalya, Turkey, on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

success in a morning address to a business crowd, and later spoke strongly on the issues of climate change during a session with other leaders.

Trudeau spoke on the topic of security only when prompted by a reporter during a Sunday morning meeting with Mexican President Enrique

Peña Nieto.

"Obviously the safety and security of Canadians is a priority for me and my government. I've been speaking with

our minister of public safety, been speaking with the various police and security agencies to ensure that Canadians are kept safe," Trudeau said.



This cannot be just another summit.

Donald Tusk, president of the European Council

"It's a topic we are engaging with here with the other leaders as well to ensure continued safety for our citizens," he added.

With the tough talk in Antalya Sunday came a plea. A top European Union official implored leaders not to give in to "basic" reactions and close their doors to refugees fleeing violence in the aftermath of the attacks.

"We should not mix the different categories of people coming to Europe," Jean-Claude Juncker, the president of the European Commission, told a news conference as the summit got set to begin.

"The one responsible for the attacks in Paris... is a criminal and not a refugee and not an asylum seeker," Juncker said.

TORSTAR NEWS SERVICE
WITH FILES FROM THE ASSOCIATED PRESS

IMMIGRATION

Stay open to refugees: Envoy

The French ambassador to Canada has vowed the horrific events in Paris would not affect his country's policy towards the Syrian refugee crisis.

Even though a Syrian passport was found among the remains of one of the suicide bombers that struck the French capital's soccer stadium.

The lead, which has yet to be verified, casts a shadow over efforts by both France, and now the Trudeau government, to give safe haven to some of the tens of thousands of refugees and migrants who've flooded across Europe since the spring.

"Let's not be mistaken. France has always been a land of asylum, like Canada," Nicolas Chapuis said. "The people who are seeking refuge are not the barbarians. They are fleeing the barbarians."

The refugees are victims of the cruelty of the Islamic State of Iraq and the Levant (ISIL),



Nicolas Chapuis

JUSTIN TANG/THE CANADIAN PRESS

who are only asking to live in freedom and peace, Chapuis said.

"Certainly there will be individuals who are going to try to take opportunity to mix with the refugees in order to spread chaos, but let there be no mistake: This should not stop us from opening our arms and

helping those who are seeking our help. It is part of our humanity."

The eloquent remarks could have the effect of stiffening the Trudeau government, which faces renewed concern and questions about the planned resettlement of 25,000 Syrian refugees before the end of the year — one of its signature campaign initiatives.

Quebec Premier Philippe Couillard also urged Canadians to remain open to the arrival of refugees despite heightened security fears in the wake of the Paris attacks.

Public Safety Minister Ralph Goodale did the TV news show circuit on the weekend, attempting to reassure the public that the government would take nothing for granted as it puts individuals through layers of screening, both in refugee camps and after they arrive in Canada. THE CANADIAN PRESS

ARSON

Mosque set ablaze on purpose, police say

A fire at Peterborough, Ont.'s only mosque, Masjid Al-Salaam, was deliberately set around 11 p.m. on Saturday, police said Sunday.

They added they don't have a suspect or a motive. They couldn't say whether the fire was connected to the recent attacks in Paris that the Islamic State of Iraq and the Levant (ISIL) is

taking credit for. The Peterborough fire department has pegged damages at \$80,000, though the building's exterior is relatively unscathed.

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Attacks signal global move by ISIL

Paris Group may be using recent bombings to attract recruits

As the deadly attacks in Paris made horrifically clear, the Islamic State of Iraq and the Levant (ISIL) group is determined to establish itself as the dominant jihadist movement capable of operating far beyond the limits of its self-declared "caliphate."

Doing so achieves numerous aims for the group, not least of which could be winning it clout to attract even more recruits. Others may include sharpening divisions between Muslims and non-Muslims in Europe — and forcing the West into a difficult choice of either backing off or being drawn into what ISIL would see as a holy war in Syria and Iraq.

Happening so soon after ISIL claimed the downing of the Russian plane in Egypt and deadly suicide bombings in Lebanon and Turkey, the Paris attacks appear to signal a fundamental shift in



People gather and view messages written on the ground at Place de la Republique on November 15 in Paris, France. GETTY IMAGES

strategy toward a more global approach that experts suggest is likely to intensify.

"The message is that this is an open war, not restricted to the conflict zone in Iraq and Syria," said Bilal Saab, a resident senior fellow for Middle East Security at Brent Scowcroft Center on

International Security.

Until now, the militant Sunni group had mostly focused on its internal rivals — Bashar Assad's regime and rival Muslim Shiites, which the group considers to be heretics.

ISIL claimed that Friday night's attacks, during which scores of

innocent victims were methodically gunned down in the heart of Paris, was a response to France's role in U.S.-led airstrikes against ISIL in both Iraq and Syria.

The group has also said it was responsible for bringing down a Russian jetliner over Egypt's Sinai region earlier this month,

describing it as retaliation for Russian airstrikes in Syria.

On Thursday, twin powerful suicide bombings tore through a crowded Shiite neighbourhood of Beirut, killing more than 40 people. That same day, a suicide bomber tore through a Shiite memorial service in Baghdad, killing 21 people. ISIL activity outside its "caliphate" hub in Sunni areas of Syria and Iraq is in itself not new as a concept.

moment to go global.

Hassan Hassan, an associate fellow at Chatham House in London and co-author of *ISIS: Inside the Army of Terror*, said ISIL has a twin strategy of state-building within its self-declared caliphate and establishing itself as a "global leader of jihad" in place of al-Qaida.

"They wanted to show they are the new al-Qaida ... that this is going to be the new organization



They always speak about Iraq and Syria as the beginning of something, but with an eye on the West and conquering Rome.

Hassan Hassan

The group's affiliates have carried out attacks across the Middle East and north Africa and there have been attacks beyond the region that were blamed on ISIL loyalists. But such high-profile successive cases of mass murder abroad — and now in the heart of Europe — do suggest the nature and scale of the attacks is changing.

As the group is secretive and elusive, it remains unclear why ISIL chose this particular

that everyone has to be part of. The old organization is dying."

Hassan noted that until recently, many observers did not take ISIL seriously as a global threat.

But their own statements make clear that their ambitions extend beyond the current limits of their "caliphate."

The group has urged supporters around the world to carry out attacks in the West.

THE ASSOCIATED PRESS



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Migrants enter to register with the police in a refugee centre in the southern Serbian town of Presevo last month. THE ASSOCIATED PRESS FILE PHOTO

BALKAN CORRIDOR

Passport highlights lax security

The focus on a Syrian passport found near the Paris attacks highlights an uncomfortable reality: European authorities are completing few checks on the hundreds of thousands of people moving across their territory fleeing war and poverty.

The passport found near the body of a suicide bomber was registered in October in Greece, Serbia and Croatia, three of the countries on the corridor that crosses the Balkans and is known for lax controls and ease in obtaining transit documents. The owner was allowed to proceed because he passed what is essentially the only test in place — he had no international arrest warrant against him, police in the states said Sunday.

It was not clear whether the passport was real or fake, or whether it belonged to the

suicide bomber. But trafficking in fake Syrian passports has increased as hundreds of thousands of people try to get refugee status, the chief of the European Union border agency Frontex has said.

Most of those who enter countries on the so-called Balkan corridor for migrants — Greece, Macedonia, Serbia and Croatia — are registered with authorities. Their data are checked against Interpol records, and their fingerprints and photos are taken.

But, many people tell officials that they've lost their identity papers, and they can give false names and other information, including their country of origin. A large majority of migrants declare themselves as Syrians from the war-torn country, although they have no documents to prove it, Serbian police say.

+ BACKGROUND

There are no recorded cases of people being turned away after random checks anywhere in the Balkan migrant corridor. That may be because the corridor states want migrants to pass through quickly, without getting stuck in their territory for a long time before reaching rich EU states such as Germany, Sweden or France.

In Serbia, some 490,000 migrants have passed through this year, and many say they don't have documents — making it impossible to check for terrorist connections or criminal histories to verify their backgrounds, Serbian officials said Sunday.

THE ASSOCIATED PRESS

IN BRIEF

Lebanon detains nine suspects in connection to Beirut attacks

Lebanon has detained seven Syrians and two Lebanese suspected of involvement in planning terrorist attacks, including a twin bombing last week, and smuggling extremists into the country.

Interior Minister Nohad Machnouk announced the arrests Sunday, three days after a twin suicide attack in a southern Beirut suburb killed 43 people and wounded more than 200.

Machnouk says the attackers were planning to strike the Rasoul al-Aazm hospital, which is run by the militant Hezbollah group, but changed their minds because of tight security.

He says they instead targeted a busy street near the hospital during rush hour on Thursday evening.

The attack was claimed by the Islamic State of Iraq and the Levant. THE ASSOCIATED PRESS



The scene of Thursday's twin suicide bombings in Burj al-Barajneh.

THE ASSOCIATED PRESS

Kurdish forces uncover two mass graves in town formerly ruled by ISIL

Kurdish forces said Sunday they uncovered two mass graves outside Sinjar, a northern Iraqi town near the Syrian border that was ruled by the Islamic State of Iraq and the Levant (ISIL) group for more than a year before the extremists were driven out last week.

The first grave uncovered was west of the town's centre near the technical institute and contained 78 elderly women's bodies, the Sinjar director of intelligence, Qasim Samir, told The Associated Press.

The second grave was uncovered about 15 kilometres west of Sinjar and contained between 50 and 60 bodies of men, women and children, he said.

THE ASSOCIATED PRESS

Survivors speak of 'hell' during Bataclan massacre

Paris Famous music venue became scene of utter chaos, horror

There was a moment — just a moment — when the concert hall was eerily quiet.

The rock band had stopped playing, and people had moved to the floor after realizing the sudden explosions hadn't been part of the show. Everything was silent.

Then the attackers started again, strafing the crowd with automatic gunfire. There were screams of terror, the staccato of Kalashnikovs and cries of the wounded, followed by a standoff with police and the explosions of suicide bombs.

By the time the ordeal was over at one of Paris' celebrated entertainment venues, 89 people were dead and many more were wounded, entangled bodies in pools of blood.

A French survivor summed it up with one word: "Hell."

It was a sell-out crowd at the Bataclan on Friday for the 9 p.m. concert by an American group, the Eagles of Death Metal. Less than an hour after the band began its set, a series of bangs rang out. Many thought it was firecrackers or pyrotechnics.

"Everyone thought it was part of the show, but then I



People gather for a national service for the victims of the terror attack at Notre Dame cathedral in Paris on Sunday. Thousands of French troops deployed around Paris on Sunday and tourist sites stood shuttered in one of the most visited cities on Earth while investigators questioned the relatives of a suspected suicide bomber involved in the country's deadliest violence since World War II.

DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

saw the lead singer's face drop before he ran off stage, and the lights came on," university student Hanna Corbett, 21, told the Nottingham Post newspaper of Britain.

"We all just dropped to the floor. When the music stopped, there was this haunting silence in between gunfire and I could see blood on the floor."

As the Eagles of Death Metal

performed, at about 9:40 p.m., a black Volkswagen Polo drew up and parked outside the Bataclan, French officials said.

The gunmen in the concert hall were "very calm, very methodical, very slow," John Leader, 46, told Australia Broadcasting Corp. after escaping with his 12-year-old son.

Two of the men worked together, one aiming and shoot-

ing while the other covered him.

"They weren't in there shooting like in an American movie," Leader said.

"It was finding a target and then shooting, and then finding the next target and then shooting."

Corbett said she and Jack Konda, 21, another student from Nottingham University, escaped by crawling over "a

pile of people" — they weren't certain whether they were dead or alive — near the fire exit.

Michael O'Connor, another Briton who was attending the concert with his girlfriend, spoke to the BBC of utter chaos with "people falling all over the place, people screaming, people just clawing and running and pushing to get away."

THE ASSOCIATED PRESS

CASUALTIES

Identities, details of more victims emerge

A Chilean mother and her daughter, cut down in a concert hall while the daughter's five-year-old son survived. A young Italian woman, separated from her boyfriend and friends when the concert erupted in chaos. They were among the latest victims named as officials on Sunday continued the heavy task of identifying the 129 people killed in Friday night's co-ordinated terrorist attacks in Paris. Among the confirmed dead:

— **Nick Alexander**, 36, of Colchester, England, who was working at the Bataclan concert hall selling merchandise for the performing band, Eagles of Death Metal.

— **Thomas Ayad**, 32, producer manager for Mercury Music Group and a music buff who was killed at the Bataclan.

— **Asta Diakite**, cousin of French midfielder Lassana Diarra, who played against Germany in Friday's soccer match at Stade de France, during which three suicide bombers blew themselves up outside the stadium Friday night.

— **Patricia San Martin Nunez**, 61, a Chilean exile, and her daughter, **Elsa Veronique Delplace San Martin**, 35. They were attending the concert at the Bataclan with Elsa's five-year-old son, who Chilean officials say survived.

— **Valeria Solesin**, 28, an Italian-born doctoral student at the Sorbonne. She had lived in Paris for several years and had gone to the concert at the Bataclan with her boyfriend. They lost track of each other as they tried to escape.

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Grief, panic and Notre Dame bells

Paris

Emotions raw in aftermath of devastating attacks on city

Parisians bonded Sunday in spontaneous celebrations of life in defiance of the attacks — but then panic over firecrackers sent the crowds fleeing, hiding under benches, overturning chairs and bicycles.

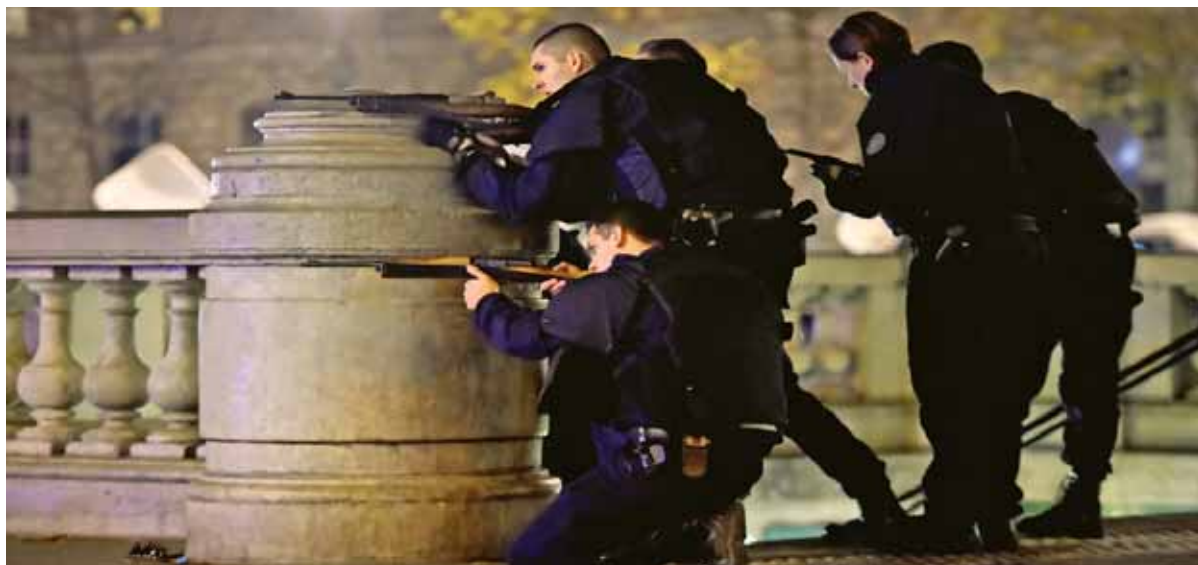
Emotions were raw as the French capital entered three days of mourning for 129 people killed for their way of life. The famed bells of Notre Dame cathedral pealed for 15 minutes in honour of the victims. Police sirens punctuated the melody.

At cafes targeted by extremist gunmen, and at the Republique Plaza in one of Paris' most vibrant neighbourhoods, hundreds of people streamed in gradually throughout the afternoon to a makeshift tribute.

A huge banner draped at the bottom of the statue on the plaza reads: "Can't Scare Us."

Then suddenly a noise crackled, apparently firecrackers. Police officers arrived, guns pointed, to investigate.

Everyone ran in every which direction, crying and escaping



Armed police deployed in Place de la Republique during a false-alarm incident Sunday. GETTY IMAGES

by adjacent streets, emptying the huge plaza within minutes. Shouts rang out — "Run!" "Get out!" "Lie down!"

People tripped over flowers, candles and souvenirs left in tribute.

They took refuge in a nearby hotel, a sports store, under cafe tables, park benches, behind trees.

"Whoever starts running starts everyone else running," Alice Carton, a municipal worker who came to Republique

with two friends, said in a series of messages over her smartphone. "It's a very weird atmosphere. (The) sirens and screaming are a source of fear."

At a special Notre Dame service for the victims, several lines stretched out of the cathedral. Scores of police patrolled, their hands on their weapons.

Police cars surrounded all sides of the 850-year-old monument.

"I came on vacation for five days, I was sorry all this happened but I felt like staying here was supporting France," said Marina Presnyakova, a 37-year-old tourism industry worker from Sochi in Russia.

Michael Staubes, a 70-year-

old retired Virginia native now living in Paris, put his hand to his forehead in distress.

"I'm taking a video of the bells in solidarity to show my friends back home in the States. I found the whole situation so disturbing.

"It's too difficult. There are no words."

THE ASSOCIATED PRESS

It's a very weird atmosphere. The sirens and screaming are a source of fear.

Alice Carton, a municipal worker who came to Republique with two friends

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LOUISIANA

Refugees unnervingly governor

Gov. Bobby Jindal has told the White House he wants to know how many Syrian refugees have been placed in Louisiana. The Republican said he wants that and other information "in hopes that the night of horror in Paris is not duplicated here."

Jindal released his letter Saturday, a day after the Islamic State of Iraq and the Levant claimed responsibility for attacks that killed 129 people and wounded 350 in Paris.

Fourteen Syrians have been resettled in Louisiana: one in Baton Rouge and the rest in New Orleans and suburban Kenner, the State Department told WWL-TV on Sunday.

A spokesman for President Barack Obama said Sunday that the administration is continuing with its plan to thoroughly vet

14
The number of Syrian refugees who have been resettled in the state of Louisiana, the State Department says.

and resettle up to 10,000 Syrian refugees in the United States in 2016. The State Department said they'll be spread across the country.

Jindal said he wanted to know what level of background screening was made before Syrians entered the United States. "In light of the fact that some of those responsible for last night's attacks held Syrian passports, what additional protections and

screenings will be put in place?" he asked.

He also asked whether the Terrorist Screening Center will now check out all Syrian refugees seeking to enter this country and what monitoring will be done once such refugees are in Louisiana.

"As Americans, we embolden freedom and opportunity to the rest of the world, but by opening up our borders and refusing to collaborate or share information with states, you are threatening that reality," Jindal wrote. "Mr. President, in light of these attacks on Paris and reports that one of the attackers was a refugee from Syria, it would be prudent to pause the process of refugees coming to the United States."

THE ASSOCIATED PRESS

Police detain protesters

TURKEY

Dozens held near Antalya during G20

Police in the Turkish Mediterranean city of Antalya detained dozens of people Sunday during a series of protests denouncing a G20 summit that is underway in a nearby seaside resort, although the demonstrations were mostly peaceful.

Security is tight during the two-day meeting, expected to be dominated by discussions about how the G20 nations will respond to the deadly Paris attacks that have been claimed by the Islamic State of Iraq and the Levant (ISIL) group. Demonstrators were being kept away from the venue at a secluded seaside resort some 40 kilometres from Antalya city.

A group of some 500 youths belonging to a Turkish nationalist association gathered in the city, holding up cardboard effigies of U.S. President Barack Obama

and denouncing U.S. interventions in the Middle East. Police allowed the group to march briefly only after they agreed to leave the effigies behind.

Hundreds of members of Turkish left-wing groups and trade unions later held another protest denouncing the organization which gathers the world's wealthiest economies.

They marched in central Antalya carrying a banner that read in Turkish and in English: "Killer, colonialist, imperialist war organization G20 get out!"

Police detained dozens of demonstrators after one of the demonstrators threw fireworks at police while the crowd was dispersing.

Earlier, police detained four protesters who wanted to walk to the venue of the G20 summit to deliver a letter to participants.

Police also detained a group of about 20 protesters who refused to undergo a security check, the state-run Anadolu Agency reported.

THE ASSOCIATED PRESS



Officers take a leftist demonstrator into custody during an anti-G20 protest in Antalya, Turkey, on Sunday. THE ASSOCIATED PRESS

IN BRIEF

Bahrain court hands 12 Shiites life sentences

A defence lawyer in Bahrain says a court has ordered 12 Shiites to life in prison and stripped them of their citizenship on charges of forming a terrorist group and targeting police with explosive devices.

Lawyer Isa Ebrahim said the court issued its verdict Sunday for incidents that took place in 2013 and 2014.

THE ASSOCIATED PRESS

Cyclone killed 18 in Yemen

Yemeni officials say a rare cyclone that hit the country's remote island of Socotra early this month has killed 18 people.

The Sunday numbers are the most comprehensive tally to date for Cyclone Chapala, which hit the island on Nov. 1 and made landfall days later. Col. Abdullah Juman, head of the Yemeni response operations room, also said the cyclone had damaged roads, ports and electricity lines which authorities were preparing to repair.

THE ASSOCIATED PRESS

ROMANIA

New cabinet fresh, young

Romania's prime minister-designate on Sunday named his Cabinet of mostly young professionals with management experience, after the former government collapsed following mass protests over a nightclub fire where at least 55 died.

Dacian Ciolos named his ministers, all of whom will need to be approved by Parliament later this week. Seven of the 22 posts are to be held by women.

The nomination of Ciolos, who named a government of technocrats, is a direct criticism of Romania's politicians who are perceived as being corrupt, arrogant and removed from the problems of ordinary people. Parliamentary elections are scheduled for late 2016. Parties indicated Sunday they will approve the government.

Former Prime Minister Victor Ponta, who was already on trial for corruption charges related to his work as a lawyer from 2007 to 2008, and his Cabinet resigned on Nov. 4 after tens of thousands protested over the nightclub fire.

Protesters say the tragedy happened because of lax fire regulations and corruption. Thousands continued to protest for several evenings, demanding better governance and an end to corruption.

Romania's ambassador to Brit-



Dacian Ciolos, Romania's prime minister-designate

THE ASSOCIATED PRESS FILE



I want an efficient and professional team.

Dacian Ciolos,
Romania's prime minister-designate

ain, Mihnea Motoc, was named defence minister.

Cristina Guseth, director of the Freedom House Foundation, was picked by Ciolos to serve as the new justice minister.

"I want an efficient and professional team," said Ciolos, a former EU agriculture commissioner.

Hours after naming Andrei Baciu, a 28-year-old surgeon, to

be his health minister, Ciolos withdrew the nomination after photos appeared of Baciu modelling in his underwear.

His new nominee is the head of the oncological clinic in the city of Cluj.

Ciolos named Anca Paliu Dragu, an economic analyst in the European Commission, as finance minister.

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ROSEMARY WESTWOOD

metroview

Resist the temptation of simple explanations for violence in Paris

It's OK that you're alive. It's OK that you had brunch on Saturday, or had wine with friends last night, or made a Christmas shopping list.

It's also OK not to have a simple response to Friday's horrific attack in Paris. It was gruesome, unimaginable, even to Parisians "staggering and groggy, still trying to believe what happened," said Canadian writer and Paris resident Nancy Huston. It felt a tiny bit inevitable, for the terrorism that routinely slaughters Muslims to again hit Westerners.

There are already plenty of pat answers swirling, the same that have arisen after similar attacks. They feel predictable, even scripted. They risk oversimplification, when the questions are far too important.

Take those calling for Canada to increase our bombing campaign in Syria, not end it, as the Liberals have promised. A militaristic response feeds revenge, but doesn't have the best track record in the Middle East. If the Liberals truly believe long-term solutions are found elsewhere, we have been shown again how much we need them.

Consider, too, the calls to slow our intake of Syrian refugees, lest some be terrorists — a wholly unnecessary move, say some immigration experts, that ignores the screenings already in place.

Take Francois Hollande's claim that somehow only now, with the spilling of Parisian

blood, has the war begun, while ISIL called the attack a retaliation against France for dropping bombs in Syria, where the war has been raging for five years. (France launched significant airstrikes at ISIL targets over the weekend.)

Beware also the need to underline the way Muslim groups are dutifully condemning the attack — despite the fact that ISIL is a vicious offshoot of Islam, and in no way synonymous with a religion of 1.6 billion people. Too much emphasis on such remarks reeks of Islamophobia.

Painting your Facebook profile photo red, white and blue may seem an obvious move. But some will note that more routine terrorist attacks outside the West don't get the same social media play, and others will argue that the root causes of violent extremism in the Middle East were not birthed in isolation.

On Sunday morning, CBC host Michael Enright asked Nancy Houston if, in the spirit of slogans coined after 9/11 and the Charlie Hebdo attack, we are all Parisians?

"I don't know who your 'we' is, Michael, I'm afraid," she responded. Her point: there is no global "we." That doesn't mean we — Canadians — shouldn't attend memorials, or condemn the violence, or push for public debate about what to do after this last wave of terrorism. I only mean to say we should tread carefully.

the big question

Why do we pay more attention to Paris than Beirut?

"It's not Paris we should pray for. It is the world ... in which Beirut, reeling from bombings, is not covered in the press," says a meme responding to the viral hashtag #PrayForParis and Facebook profile pictures featuring the French flag. It's true the global reaction to suicide bombings that killed dozens in Lebanon's capital on Thursday was slower and less severe, says Simon Fraser University communication-studies professor Richard Smith: "There is a Western (European and North American) bias in Western media." But that's not the only explanation. Thousands of Canadians visit Paris every year, and the attacks felt like they could have happened here, Smith adds. Bombings are sadly common in the Middle East, but unusual in Europe. Finally, the fallout from the French attacks, like military action against ISIL, could affect Canadians directly. Still, social media may be getting us concerned about issues we *don't* directly relate to, like violence in Lebanon and the Syrian refugee crisis — and that's a good thing, Smith says. Beirut's tragedy may have even attracted more eyeballs because it coincided with the one in Paris. If not for the outrage at the media ("People are really sad and upset, and if they can project that on something else ... they will," Smith says), many people would not have known or cared about Beirut at all.

Educating landlords can help renters in the city

CITY HOLLER

Trish Kelly



It was just 12 months ago that Vancouver created the Renters' Advisory Committee, a citizen-led group tasked with advising Council on what the city can do for renters, as well as examining regulations at the provincial and federal level that affect our rental housing market. The commit-

tee's first significant piece of work, a list of recommended changes to the provincial Residential Tenancy Act, comes before council on Tuesday.

There are many strong ideas laid out in the committee's report that will ring true for anyone who's ever been a renter. Most of the suggestions to strengthen tenant rights would apply across the province, but a few are especially relevant to Metro Vancouver.

In our city's highly competitive rental market, tenants who get evicted to make room for the landlord's family member or renovation plans can find themselves scrambling. The report recommends a longer notice period to give renters a chance to secure new homes. When a reno-viction occurs, the committee suggests requiring landlords to offer tenants first right to come back at their same rent rate once the renovations are done. For our lowest-income renters,

those living in hotels and rooming houses in the Downtown Eastside, the committee calls for a new kind of rent control that would limit rent increases on the suite, in an attempt to thwart landlords exploiting high turnover.

The report certainly focuses on tenant vulnerabilities, which might rub some landlords the wrong way, but to those landlords who would say they have it hard too I will say, maybe sometimes, but nothing like renters in this city do.

I've been a landlord. I hope my tenants would confirm I've been a good landlord. As well intentioned and fair as I think I have been, this report lit up for me gaps in my knowledge of the rights of my tenants, and the power I hold as a landlord.

While the city waits for the province to respond to these recommendations, or, let's be honest, waits for a new provin-

cial government that cares about lower-income people, the city could consider other ways to leverage the report's recommendations.

In a city where a large amount of our rental stock is private condos and mortgage-helping basement suites, many private citizens find themselves in the business of being a landlord.

Why not ask the committee to help develop a workshop on good landlording? Taking the course could make landlords eligible for a modest rebate on their annual Home Owner Grant application. Landlords could also be invited to sign on to a code of conduct that incorporates the report's suggestions. I'd sign up.

Let's not wait for Christy Clark's ouster to protect renters.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkelly

Tenants who get evicted to make room for the landlord's family member or renovation plans often find themselves scrambling.

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Six steps to building a financial plan

If you're like most people, you probably know you should have a financial plan, even if you haven't actually developed one yet.

Don't worry, says Lee Bennett, Senior Vice President, TD Wealth Financial Planning, it's never too late – or too early — to start. "A financial plan isn't just to help you save for retirement," says Bennett. "Whether it's paying off a student loan, buying a car or a home, starting a family, or even travelling, everyone, at every stage of life, has goals that a financial plan can help them achieve."

Bennett offers the following tips on how to help you get from where you are today to where you want to be in the future:

1. Think about your goals and objectives

Knowing where you want to go is the foundation of a sound financial plan and will help you decide which route to take.

2. Gather the data

A financial planner can help you assess where you are now and what financial resources you already have.

3. Do the analysis

This step will help you identify the right solutions for your particular journey. A financial planner can assist you in reviewing your specific situation and help you choose from the many options that are available.

4. Develop a strategy

This is your action plan of what you need to do to achieve your financial goals. Working with a financial planner can help ensure that your plan is realistic and achievable.

5. Put it into practice

A financial plan is only helpful if you put its recommendations into action.

6. Follow up and review

Just as your life changes over time — a new job, a family, a home — your financial goals can change, too, so it's important to meet with your financial planner and regularly review your plan to make sure it stays relevant to your particular needs.

Knowing how to start can sometimes be the biggest challenge. A financial planner is a great source of knowledge and can help you get on track to achieving your goals of today and tomorrow.

Savvy Saver Quiz:

Are my finances on track?

Whether you're a recent graduate, mid-career, or getting ready for retirement, every life stage requires financial planning. Not sure where to start? **Check out TD's Savvy Saver quiz** to help figure out where you are and where you need to be. Here are a few questions to get you started ...

Expenses & finances

What does your emergency fund look like?

- a. Emergency what?
- b. I'm just getting started but have some money set aside.
- c. In decent shape – I've got three months' salary stashed away
- d. I've got more than enough to pay my bills, save for the future and still manage to have some fun.

Leisure

What does your entertainment spending look like?

- a. I'm living paycheck-to-paycheck because of my entertainment spending.
- b. I sometimes go overboard with my entertainment spending.
- c. A portion of my budget is set aside for fun – dinners out, the occasional movie or show.
- d. I have enough money to do what I want, when I want and my wallet never loses any sleep over it.

Long-term investments

What types of investments do you currently have?

- a. Investments?
- b. I recently opened a Tax-Free Savings Account (TFSA)/ an RSP and I'm thinking about getting other investments, too.
- c. I make regular contributions to my TFSA and RSP and/or hold shares/other investments.
- d. I have a solid, diverse portfolio to which I make healthy contributions every month.

Interested in getting more of a pulse check on your progress? Take the full quiz at metronews.ca/tdsavvysaver.



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The Games will go on

Mockingjay Part 2 opens this week — now that the franchise has reached its final act, Hunger Games fans will be searching for ways to get their Panem fix. Director Francis Lawrence has said he isn't opposed to spinoffs, and tributes will surely find creative ways to keep immersed in Katniss's world. We imagine five ways the Games will go on.

TRIBUTES

The Bar

A Harry Potter-themed bar called The Lockhart recently opened in Toronto, featuring "potions & elixirs" that allude to characters and a decor that pulls from inscriptions in the book.

In our ideal Hunger Games-themed bar, the references would be much more overt. It would, of course, be called Tributes. Local city bylaws prevent weaponry from being in such close proximity to alcohol, so instead of a crossbow range on the patio we would settle on a dartboard where the bull's-eye would be President Snow's face.

The house drink — "Haymitch's pick" — is the Tracker Jacker, where the key poison is fennel-infused absinthium wormwood. Everything on this menu, called Grill on Fire, is flambé: squirrel, venison, turkey. Each order comes with a complimentary basket of bread from Mellark's, the bakery down the street, made by the baker's hot, ashy-blond-haired son. MELITA KUBURAS/METRO

CRESSIDA AND POLLUX

The Storyline

With the vague possibility that the series could be extended, Metro proposes three options (spoiler alert for discussion of plot points in Mockingjay Part 2):

Prequel: A President Snow origin story

There's so much we don't know about the origins of the man who rules Panem. How did Coriolanus Snow become its ruthless leader? What motivates his cruelty? What's with the poison and why white roses to mask his bloody breath?

Sequel: The rebuilding of Panem

A new president is in place following an emergency election. How will he or she direct the nation and districts? A political drama full of backstabbing and skullduggery a la House of Cards could be a nice change from the constant battle scenes of the first four films.

TV Series — Behind the scenes with Cressida and Pollux

The rebellion's resident filmmakers have moved on from war coverage to documenting the rebuilding efforts of Panem. They travel from district to district collecting and sharing the stories of the people of Panem.

LIZ BROWN/METRO



PANEMONIUM

The Band

Consider The Flux Capacitors, a SoCal ensemble that bills itself as "the only official Back to the Future-themed '80s band." The group performs '80s hits decked out as Marty, Doc, Biff and the like, and even brings a DeLorean replica to shows.

So what would a Hunger Games tribute band be named? Panemonium is an obvious choice if we're going in a punk direction, but we also like The Jabberjays for a hip-hop crew, or Peeta Burnt the Bread for the shoe-gazing crowd. Katniss as the frontwoman is a given. We also see Johanna shredding it on her axe/guitar and Finnick wielding a trident-shaped bass. There's no shortage of songs about stickin' it to the man to choose from: Fight the Power, Killing in the Name (natch), The Times They Are A-Changin'. Any encore would have to include a haunting rendition of The Hanging Tree, followed by the anti-establishment anthem Tubthumping.

Those Panem rebels, they get knocked down, but they get up again.

EVA LAM/METRO



STANDARD ISSUE WEAR

The Style

In 2013, luxury e-retailer Net-A-Porter teamed up with Trish Summerville, costume designer for Hunger Games Catching Fire, on a capsule collection based on the film. The Capitol Couture line featured adaptations of designs that appeared in the movie including a laser-cut leather dress for \$995 US inspired by Katniss Everdeen's chariot outfit. But aspiring to dress like the ruling class is rather crass. If you're with the revolution, your clothing should transcend rank.

Metro proposes a District 13 diffusion line of unisex standard issue wear that doesn't oppress its maker or its wearer. Locally made using sustainable fabrics and production methods, these classic designs would be the base of any egalitarian's wardrobe. Wearing a daily uniform doesn't have to be stifling, as many creatives and innovators have discovered (see: Sofia Coppola, Karl Lagerfeld, Steve Jobs). It frees up mental energy for other pursuits.

NICHOLE JANKOWSKI/METRO



BUTTERCUP CAFE

The Theme Park

As if following the adventures of Katniss Everdeen didn't come with enough ups and downs, fans will soon be able to take a real-life roller-coaster ride inspired by her train trip to the Capitol, and a simulated hovercraft tour of the Panem nation. Hunger Games theme park projects are planned in Dubai, China and the U.S. A recreation of District 12 complete with costumed characters is in the works for the complex in Dubai, but here's what Metro would add to the mix:

- A midway-style Whac-a-Mutt game.
- A cat café in honour of Buttercup, the cat Katniss loves to hate.
- Katniss vs. Everybody tees.
- Effie Trinket's fabulous fake eyelashes as souvenirs.

HENRIETTA WALMARK/METRO

TIMELINE THE HUNGER GAMES ENTERS POP CULTURE

April 2012

"Based on the obscure novel you've probably never heard of," The Hunger Games parody the Hipster Games is released on YouTube. In the short video, participants compete by fighting over rare vinyl and cans of PBR.

March 30, 2012

Original release date for The Hunger Games in Vietnam, but it was deemed too violent by the Vietnamese National Film Board, which ultimately banned the film.

March 23, 2012

The Hunger Games, the first movie in the series, is released. It sets records for biggest opening day and the biggest opening weekend (for a non-sequel film, not released during the summer or holidays).

Feb. 28, 2012

Before the movie is even officially released, Tumblr blog Hunger Games Tweets is created to draw attention to racist tweets by people complaining about characters like Rue and Thresh being portrayed by black actors. This despite the fact that series creator Suzanne Collins specifically described the characters of having dark skin.

Nov. 27, 2013

NPR reports that the shooting range at Archery in the Wild in northern Colorado, once the playground of hunters and men in camouflage, is now dominated by girls. CEO of USA Archery tells the news organization that membership in their group has more than doubled since the movies came out.

Feb. 2, 2014

Philip Seymour Hoffman, the actor who portrays Plutarch Heavensbee, is found dead after a heroin overdose. At the time of his death, he had completed The Hunger Games: Mockingjay — Part 1, and had a week left of shooting for Part 2.

July 31, 2015

After years of thinkpieces exploring whether the popular series is an indictment of the left, the right, reality TV or the 1 per cent, a celebration of the individual, the collective or feminism, The Politics of the Hunger Games by author Jamey Heit is released. The debate, however, rages on.

EMINA GAMULIN/METRO

ART IMITATES LIFE

How Jennifer Lawrence is Katniss Everdeen

She came from humble beginnings, the spotlight thrust upon her despite her obvious discomfort, and she went on to inspire a nation. Are we talking about Katniss Everdeen, Jennifer Lawrence's Hunger Games character, or Lawrence herself? How about both?

The parallels are eerie if you look closely enough. Lawrence first came to the public's attention in the critically acclaimed Sundance darling Winter's Bone, which saw her scrounging around Appalachia, hunting and skinning squirrels and risking life and limb to provide for her younger siblings. It was basically the first act of the first Hunger Games movie, minus all the totalitarianism.

We thrilled with each new, elaborate red carpet gown; marvelled at every acting triumph. We agonized over each death-defying pratfall before the cameras — until we realized her natural clumsiness was her greatest weapon. This girl really was on fire.

She even found herself in a real, honest-to-Panem love triangle, her heart torn between lanky, British X-



Men: First Class co-star Nicholas Hoult (shown left) and her first true love —

working in awe — some movies. Try as she might to make it work with Hoult, her thoughts were clearly elsewhere. If there wasn't an X-Men movie actually in active production, she couldn't make things work with Hoult. They'll always have Montreal, though.

As her work brought her more and more into contact with the Capitol — or, you know, Hollywood — she courted more danger, more scrutiny, more creepy older men — like Chris Martin (shown right) — pawing at her. But through it all she kept her chin up, secure in her folksy dignity.

Now that the Hunger Games series is done, Katniss is free to pursue a happy, quiet life away from the spotlight. But when will Lawrence be able to do the same? Hasn't she suffered enough, David O. Russell? NED EHRRAR/METRO HOLLYWOOD

Gale vs. Peeta

Gale Hawthorne

Pros:

- Gale and Katniss have plenty in common: hunting, the great outdoors, and knowing what it's like to almost starve to death.
- If Panem were a bit more peaceful he'd be the football star, the prom king. He's the hot guy you want to show off to your friends.
- He's solid and stoic — he



hunts for his family and comforts Prim as Katniss takes her place in the reaping.

Cons:

- He's a 'the-ends-justify-the-means' kind of guy, which isn't the best thing if you're prone to empathy.
- Much like Katniss, he's full of anger and vengeance — and two firecrackers is nothing but trouble in a relationship.

It's the ultimate debate for Hunger Games fans. Who should Katniss choose? LIZ BROWN/METRO

Peeta Mellark

Pros:

- He's the baker's son — plenty of carbs any time you like — as Katniss learns, that's a good thing when you're almost starving to death.
- He's kind and generous, risking his life to protect the people he loves.
- He's an artist and in times of peace his esthetic would come in handy for decorating

a nice home in District 12.

Cons:

- Short and non-athletic — he's dead weight when it comes to hunting and death battles.
- The brain-washing and attempts to kill Katniss are romance killers.

CONCLUSION
Neither guy is worthy of a woman like Katniss. She should strike out on her own.

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FARGO

Joel Coen + Frances McDormand

McDormand won an Academy Award for her performance in *Fargo* (1996). She and Coen met when she auditioned for *Blood Simple* in 1983 and married the next year. At the Rome Film Festival in October, reporters asked McDormand for the secret to a lasting relationship. "I think it's having different stories to tell each other," she said.



HUSBANDS AND WIVES

Woody Allen + Mia Farrow

With only a few days left of shooting *Husbands and Wives* (1992), Farrow discovered that Allen was having an affair with her adopted daughter, Soon-Yi Previn. Producer Robert Greenhut said it took him "two or three days" to convince Farrow to come back to work. Before their split, Farrow and Allen worked on 13 films together.

Angelina Jolie directed her husband Brad Pitt in her new film *By the Sea*. It's being compared to *Gigli*, the 2003 Ben Affleck-Jennifer Lopez flick that many critics called the Worst. Movie. Ever. But directing your significant other isn't always a recipe for cinematic catastrophe, as some of these examples show. TORSTAR NEWS SERVICE

PHOTOS: HANDOUT; TORSTAR NEWS SERVICE; THE CANADIAN PRESS



KNOCKED UP

Judd Apatow + Leslie Mann

Leslie Mann plays Paul Rudd's wife in *Knocked Up* (2007) and *This Is 40* (2012). The director told *Good Morning America* he felt "uncomfortable" watching his wife and Rudd... get into character. "I keep saying, 'Why do I keep writing sex scenes for Paul Rudd and my wife?' I should actually omit them from the script."



THE FOUNTAIN

Darren Aronofsky + Rachel Weisz

The director of *Requiem for a Dream* and *Black Swan*, and the Cambridge-educated actress Rachel Weisz (*Bourne Legacy*, *The Constant Gardener*) announced their engagement in 2005. They had a son a year later but never wed. In 2010, they split after nine years together. Their 2006 film, *The Fountain* divided critics.



Tessa Thompson plays Bianca in the Rocky franchise spinoff Creed. Her character has degenerative hearing loss. CONTRIBUTED

Film delivers punch to stigma

BOXING FLICK

New Rocky movie shows challenges of hearing loss

While characters wearing eyeglasses — real or as props — are commonplace in movies and TV, hearing aids are seldom seen on the screen — especially on leading ladies.

That's why actress Tessa Thompson was honoured to play a strong woman who wears

the devices in the upcoming Rocky franchise spinoff, Creed, in theatres Nov. 25.

Thompson plays Bianca, the love interest of title character Adonis Creed, and we learn early in the film that she has degenerative hearing loss.

"People with disabilities are hugely underrepresented and not talked about enough in culture, particularly film culture," Thompson said in a weekend interview in Philadelphia to promote the movie.

The actress says the lack of these roles speaks to the way

a disability is perceived and perhaps contributes to a screen stigma about the wearing of hearing aids.

"We tend to think about it through our own lens as someone who is not disabled, we think of it as something so terrible, because we can't fathom it for ourselves," Thompson suggested.

That's why it was important for the actress to play the character with a blend of confidence in the present and optimism for the future.

For example, she openly dis-

cusses her hearing loss with Adonis, while learning sign language in preparation for the day when she loses her hearing completely.

"I think it was important for Bianca to tell the story of someone doing the best that she can," Thompson said. "Would she prefer to not be dealing with that at certain points? Yes. But she also maybe sees it as an opportunity, and it in no way makes her feel like she's not capable."

The idea for the character's situation came from director

Ryan Coogler, whose fiancée works as a sign language interpreter.

"It makes her character richer and you learn a lot about her," Coogler said. "It's not in a way where she's ashamed of it at all."

In the film, Bianca provides the same support for Adonis as Rocky's love interest, Adrian, gave her man decades earlier. Adonis is the son of Rocky Balboa's rival and eventual friend in the earlier films, Apollo Creed. Adonis sets out to find Rocky to train him. Sylvester

Stallone reprises his role as a legendary boxer, with Michael B. Jordan as Creed.

While the film offers the same inspirational punch as others in the Rocky series, Thompson feels this one takes it to another level by addressing the challenge of hearing loss.

"If I was someone that was dealing with this and I got to see that on film, it would make me feel really empowered and proud that my story was served," Thompson said. "I'm hoping that's how people feel about it." THE ASSOCIATED PRESS

DRAMA

Actor breaks way, way out of his comfort zone in Noé's Love

Ned Ehrbar
Metro | Hollywood



Karl Glusman knew he was taking on a unique acting challenge when he signed up for Gaspar Noé's Love, an explicit look at the romantic and sexual life of a couple featuring full nudity and actual intercourse. But at least Glusman has gotten over the idea that audience members who meet him are just thinking about him naked.

You're playing a character that seems so in line with your director.

I mean, he wears a jacket to interviews that I literally wore in the movie. I was often wearing Gaspar's T-shirts, which were unwashed and smelling of him. Sometimes he didn't like the jeans I was wearing so he'd say,

"Let's switch pants real quick." He was often stealing my belts. I was wearing his clothes and not trying to do an imitation of him but trying to channel things that he would say. The movie, for him, is a very personal piece. He wanted to make something that really depicted in a very honest way the way he has experienced loving relationships and heartbreak.

So with these T-shirts, what kind of smell are we talking about?

The man doesn't wear deodorant, so we're talking funky.

Gaspar has quite a reputation. How did you find him?

I know at times he has this reputation for being a sick, deranged, provocateur, but he really is a sweet guy. I had some reservations in the beginning, and when I first went to Paris I was a little



Gaspar Noé's latest film, an explicit drama called Love, features full-frontal nudity and real sex. HANDOUT

creeped out by him because I thought I was meeting some, like, dirty porno director. But then I saw how he was with his godson, this child, and that was kind of the moment where I thought, "This guy's OK."

Speaking of reservations, how much did you have to get over before taking it on?

A lot, a lot. I never was comfortable undressing in front of people. I never have before, this was the first time — and prob-

“I had colleagues and friends who said, ‘This is going to be a disaster for your career...’”

Actor Karl Glusman

ably the last, at least for a long time. I think I covered my bases.

Unless people start going, “Get that guy, he’ll get naked.” I know! That’s the thing. I don’t want to be that box of cereal. You want to be surprising and different in every role. I definitely had to work up the courage to do this because I had colleagues and friends who said, “This is going to be a disaster for your career if you do this.” But it felt daring, and as an actor you want

to do things that are out of your comfort zone. I looked up the definition of pornography when thinking about this, and I found something that said it’s primary purpose is for sexual arousal and for masturbation. I don’t think you can really call our movie a porno unless people are masturbating in the theatre. I mean, that would be flattering if they were, but I haven’t heard of that happening yet.

Is it weird talking to people after they’ve seen the movie because they’ve basically seen your junk? Like, “Are they thinking about it?” Usually they are. The number of people who have seen me naked used to be almost zero, and now it’s exponentially grown. I used to feel like I was at a bit of a disadvantage, but now it feels like an icebreaker. People are like, “I feel like I know you so well now.”

Elle King turns heartbreak into hits

ONE TO WATCH

Ex boyfriends inspired Love Stuff, singer's debut album

Though breakthrough singer Elle King has a huge hit with Ex's and Oh's, the feel-good, carefree 26-year-old remembers performing tirelessly anywhere she could — without a cellphone.

"I played in a lot of empty bars and I played on a lot of couches and a lot of big offices and I didn't have a cellphone when my manager tried to get a hold of me," said King, who met her manager, Alan Bezosi, in 2010. "I would talk to him on pay phones."

The hard times are turning into good times: Ex's and Oh's is No. 12 on Billboard's Hot 100 chart and it reached the No. 1 spot on Billboard's hot rock songs and alternative songs charts, respectively.

And being without a phone still didn't stop King from falling in love and breaking up with boys — the subject of her hit single and most of her debut album.

Despite singing about leaving an international wake of brokenhearted exes, King insisted she's no man-eater.

"It's so beautiful to love a person, but it's like, it sucks. It just sucks when it doesn't work out and so I'd rather just have fun while I'm young and maybe I'll get married when I'm 70, to a few people," the raspy-voiced singer said.

Ex's & Oh's, a sultry laundry list of real-life breakups, details four of King's past relationships. The song has sold 957,179 tracks so far, and King is not too concerned about how her exes feel about the track.

"I'm sorry," she said to her exes before quickly rethinking



Elle King's single Ex's & Oh's topped Billboard's hot rock songs chart. THE ASSOCIATED PRESS

the apology. "I'm not. Thank you. Boom! Look what happened!"

Heartache flows throughout her debut album, Love Stuff, which was released earlier this year. It's named after a sex shop King drove past in Florida.

She sings about a toxic relationship in Under the Influence and offers a stern warning to future boyfriends in I Told You I Was Mean. The album takes

a dark, soulful turn with the eerie Ain't Gonna Drown and a then a surprising optimistic swing with Make You Smile, an upbeat track about how far she'd go to make that special someone happy.

And her bluegrass influences shine through while she plays the banjo on the haunting Kocaine Karolina.

Inspired by Aretha Franklin, Dolly Parton — her dream

collaborator — and rockabilly singer Wanda Jackson, King intertwines blues, country and rock 'n' roll.

She begrudgingly admits that she makes pop music, too.

"I used to be afraid of those three letters, but I'm not anymore. Now I understand that it's just mainstream, it's popular and I'm learning and I don't care," said King, who is currently on a U.S. tour and will launch

another tour with Vance Joy next year.

King was bitten by the showbiz bug at an early age. Her father is actor-comedian Rob Schneider and she had a small role in his 1999 comedy, Deuce Bigalow: Male Gigolo.

"I just grew up around performers," she recalled. "I just loved it and I've always wanted to be onstage and I never wanted to get a real job." The

singer was primarily raised by her mother and step-father in Ohio and decided to change her last name when she turned 18. She calls her mother "my everything and my idol."

"I took her last name," she said. "I wanted to do it on my own so that when it did happen, right now, this moment, I could say, 'Yeah, I did it myself. And I did it with my name.'"

THE ASSOCIATED PRESS



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Filmmaker Jessica Edwards was inspired to make *Mavis!* after seeing Mavis Staples live. COURTESY MARK POKEMPNER/FILM FIRST CO

A tribute to a soul legend

MUSIC ON FILM

Jeff Tweedy, Bonnie Raitt feature in doc about Staples

Steve Gow
For Metro Canada



Many people feel inspired after seeing their favorite musician in concert but very few are motivated enough to make a movie. However that's exactly what septuagenarian soul singer Mavis Staples did to Jessica Edwards.

"It sort of sounds a little bit hokey but it's true, I wanted to make the movie because of the way that Mavis made me feel," explained the filmmaker about her debut documentary, *Mavis!* "I never experienced anything like that in my life and I wanted to feel that way again (and I wanted other people to feel the way that I felt when I was listening to her.)"

Mavis Staples has certainly been electrifying audiences

and deserving of a documentary ever since her and family band, The Staple Singers were crooning soul classics like *Respect Yourself* in the early '70s. Still performing at 76 years old, the entertainer and outspoken civil rights activist is even earning new fans thanks to collaborations with the likes of Wilco's Jeff Tweedy.

Indeed, her music has influenced a lot of artists. Although Edwards began the biography as a self-financed indie project,

"I wanted to make the movie because of the way that Mavis made me feel."

Filmmaker Jessica Edwards

Tweedy or Bonnie Raitt.

"It could have ended up being a hundred people (in the film)," explained Edwards. "But I've never been a fan of the talking head interview that comes on and doesn't have a lot to contribute (so) I tried hard not to just go off the handle

and get Beyoncé and Jennifer Hudson or anybody I could get my hands on just because it made a good name."

Still, one superstar that Edwards did attempt to land was Prince (who worked on two of Staples's albums). While The Purple One turned down the invitation, Edwards insists he remained "very supportive" of the film.

"I don't think Prince has done an on-camera interview in decades," laughed Edwards. "(So) I had a big hunch an interview was going to be hard to get."

Mavis! is now playing in select theatres and is available on iTunes.

MAVIS STAPLES' GREATEST HITS FOR OTHER PEOPLE

At least three classic Staple Singers songs are often associated with other artists:

-The Last Time
The Rolling Stones
The Staple Singers scored a hit with this traditional gospel song in 1955 but the ditty truly found success with a rock adaptation by

The Stones a decade later.

•The Weight — The Band
In 1968, Robbie Robertson-led roots-rock act The Band had a big hit singing "take a load off Annie" but The Staple Singers also highlighted the hymn on their first album for Stax Records the same year.

• Respect Yourself — Bruce Willis

While The Staple Singers had a big hit with this catchy single in '72, Bruce Willis made it his signature song when he took a stab at a music career while still slugging it out on TV's *Moonlighting* in the '80s.

ALBUM RELEASE

Man at work: Hawksley drops new EP

Canada's notoriously unpredictable rocker has plans to settle down, for a time, and 'sing quiet, little songs.'

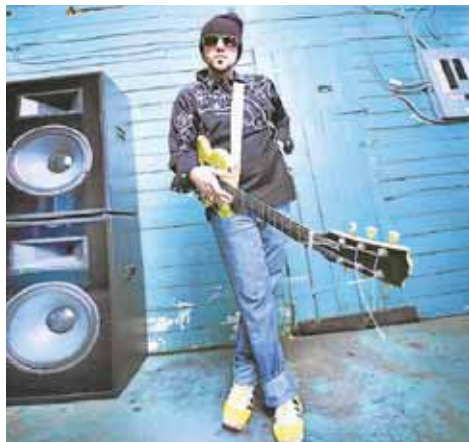
"I still feel like a reckless idiot," proclaims Hawksley Workman. "But a reckless idiot who's getting tired of certain aspects of the baggage that comes along with being a reckless idiot."

Reckless? Definitely. "Idiot" might be pushing it, though, for as creatively cavalier as Workman has played with his fascinating, if occasionally self-sabotaging, 15-album career, there's never been much idiocy to his output. At the end of the day, he's more "mad genius" than "idiot."

Workman might be pathologically inclined to confuse his audience, but he's definitely cultivated a core fan base that thrives upon the element of surprise.

He's been contemplating this very subject lately, he says. Which is why, even as he tours the country in support of his unhinged glam-rock romp, *Old Cheetah*, he's thinking of maybe throwing the fans a bone.

"I'm gonna sit at the piano in January, very early in the mornings, and I'm going to sing quiet, little songs," says Workman, evoking Neil Young



Singer/songwriter Hawksley Workman is indulging his "glam" side again on his new album *Old Cheetah*. SIX SHOOTER RECORDS

— specifically, Young's patience-testing *Le Noise* gig at Massey Hall in 2011 — as a model of unpredictability he's uncertain about following.

"It was terrible. I've not talked about a concert in recent memory more than that

one because of his willingness to be an old man disappointing a roomful of people. Is that the strength of his artistry? Is that him being super 'in touch'? Is he out of touch? Is he playing games with us?"

"In a way, I know what I do

well and I write songs well, and I've maybe been avoiding it a bit in favour of doing wild, textural record-making. I think it's almost like I have to fulfil a contract with myself and the people who are sticking with me through this 15-record journey and go: 'Look, look, I know I owe us all a simple record with some simple songs and some clever lyrics.'"

If Workman's "wild" side is more your bag than his more introspective and singer/songwriterly one, not to worry. A second album with the alt-Can-Con "supergroup" Mounties will commence by the end of the month, and he's already needing Christian Barry, his co-creator in the rock opera *The God That Comes*, to do another theatrical piece. He's also reading an illustrated (not by him) children's book based on one of the songs from his 2001 Christmas album, *Almost a Full Moon*, for next year's holiday season.

"The Canadian music business is chugging along on its own set of train tracks and we don't really cross all that much anymore," he says.

"They're busy chasing the things that they chase and they play a different game than what I play. And it's sort of a relief."

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Don't give up on True Detective yet

TV DRAMA

If you stick with it, the series' second season pays off

TRUE DETECTIVE: SEASON TWO, EPISODE FOUR (HBO CANADA)

Three of the four main characters — cops in various stages of burnt-out played by Rachel McAdams, Colin Farrell and Taylor Kitsch — get into a shoot-out with some very determined drug dealers.

For ten minutes, the action escalates: A sniper picks off cops, cops return fire, a meth lab explodes, a bus crashes, innocent bystanders die.

A brilliant tracking shot follows McAdams as she runs through a factory, gun brandished. (The director is Jeremy Podeswa, the Canadian filmmaker.)



Although the show is in love with its moodiness, the action ramps up in episode four of True Detective's second season. HANDOUT

Not only is it taut, it's plausible, and you always know where you are in time and space — which,

in our era of hyper-quick cuts, is rare.

Plus, character is revealed: who's reckless, who

cowers.

Then, when the last bad guy goes down — this is the part I love best — the

show pauses to let our heroes double over, panting and swearing, and absorb the carnage. For a full

minute.

I'd never seen that done quite so well, where a show stands still and lets you soak something in.

I realize that everyone has decided to hate season two.

I see what people complain about — it's a slow unfolding, a bit too in love with its moodiness. But I don't find it that different from season one.

I recall wading through a lot of Matthew McConaughey gobbledegook (enjoyable, but often nonsensical) before the payoffs came in. And the payoff in this episode is a jaw-dropper. Because it's the series midpoint, it made me re-evaluate everything that came before.

It earned my respect.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSSIP BRIEFS

Selena Gomez selling mansion

Apparently Calabasas — the arid suburb 45 minutes north of Los Angeles — is falling out of favour with the pop stars of the world.

The area first rose to prominence when Britney Spears and Jessica Simpson moved into mega-mansions there, but you probably recognize it from Justin Bieber's egg-throwing days.

Bieber doesn't live there anymore, and pretty soon neither will ex-girlfriend Selena Gomez, who is ditching her 7,700-square-foot, six-bedroom, seven-bath man-

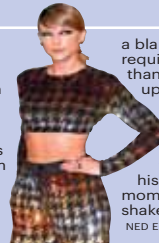


sion, according to E! News. And it can be yours if you're ready to pony up \$4.5 million. I wonder if the prices have gone up because of all the celebrities moving out. NED EHRBAR/METRO HOLLYWOOD

A most Swift court ruling

There are few things I love more than people who know how to have a little fun with their day jobs, and the judge who had to humour Jessie Braham's lawsuit against Taylor Swift over claims she ripped Shake it Off from him is a shining example. She dismissed the case in style, quoting several Swift hits in the process: "At present, the Court is not

saying that Braham can never, ever, ever get his case back in court. But, for now, we have got problems, and the Court is not sure Braham can solve them. As currently drafted, the Complaint has



a blank space — one that requires Braham to do more than write his name. And, upon consideration of the Court's explanation ... Braham may discover that mere pleading Band-Aids will not fix the bullet holes in his case. At least for the moment, Defendants have shaken off this lawsuit." NED EHRBAR/METRO HOLLYWOOD



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'Keeping up' is a senseless concern

PERSONAL FINANCE

Peer pressure can push some to spend cash irresponsibly

Gail Vaz-Oxlade
For Metro Canada



I am astounded at the progress we have not made when it comes to living our lives authentically.

Oh we talk about it. And read about it. And talk about it some more. But the reality is that we're worse than ever.

We've gone from keeping up with the Joneses (the guys next door) to Keeping Up With The Kardashians, which is a much more expensive proposition. And we've allowed house porn to juice us into buying more than we can afford so we can have what "they" have.

We like to think of peer pressure as something our teenagers experience and must learn to manage. The phenomenon is called "imaginary audience." Those poor sods are convinced the world is judging them and they spend inordinate amounts of time primping and preening.

They so need to fit in, so

they'll bend over backwards to the pressure, perceived or real, that they feel.

I'm sure you know more than a few people — no, I'm not talking about teenagers — who are obsessed with impressing others to the point that they'll blow the equivalent of a week's income on a pair of shoes, which turn out to be damn uncomfortable to wear.

Or they're so determined to be "that guy," they'll offer to pay for everyone's meal only to then have to carry a balance or hit up Mommy and Daddy for rent money.

Or they line up for hours (or days) to buy that new piece of technology because buying it three weeks later when

you can just waltz into the store is just so not cool.

SOCIAL MEDIA

Facebook and Instagram can make other people's lives the envy of your own. Remember this: Facebook Happy is an illusion.

Social media seems to add to the problem. If everyone you know is Facebook Happy you might wonder why

your life seems so hum. Maybe you need to take in a concert or three, hop on down to The Big Apple for a weekend or renovate so you have something to brag about.

Never mind that posting fabulous pictures to show that you, too, have a great life means you'll forgo saving anything for the future. Hey, the future is a long way off, right?



The Kardashians may look like they have it all, but we don't know what goes on when the cameras aren't rolling.

ARTUR HARUTYUNYAN/AP PHOTO, PAN PHOTO

"Keeping up" has moved from keeping stride with those people with whom we directly interact to keeping abreast of a world of people we hardly ever see or may not even know personally. If you think other people are doing way better than you are, and wonder why

you can't have what they seem to enjoy, know that Facebook Happy is an illusion.

While you may be able to see the results of conspicuous consumption, what you can't see is the debt-rot in the background of those glamorous selfies.

Learning how to balance your money and your life is an important part of growing up. Recognizing that there are things more important than "how things look" is a major step in shifting from the superficial to the substantial. How you choose to use your

money is about choice and about understanding that there's more to your life than meets the eye.

For more money advice, visit Gail's website at gailvazoxlade.com

MARKETING

Techie shares secrets to startup success

Creating a successful startup requires a lot: a great idea and an innovative product, of course, but also an insane work ethic, a willingness to take risks and the ability to think on your feet. But all those assets won't account for much if you don't have traction.

"Traction is evidence of customer demand, and if you don't have it your company dies," explains Gabriel Weinberg, an entrepreneur and co-author of Traction: How Any Startup Can Achieve Explosive Customer Growth. "You need to have customers who are deeply engaged with the product."

Weinberg has launched two technology companies: Opobox, which he sold for \$10 million in 2006, and current project DuckDuckGo a non-tracking search engine that has increased traffic 600 percent since the NSA revelations broke. And he says most self-starters — himself included — don't think about

traction early enough, if at all. "Startups should be spending half their time getting traction," he says. "If you spend less than that, it's really not top of mind and you won't come up with creative solutions — and you need creative marketing solutions for a start-up to work."

So how do you grow your audience, get people to clamor for your product and launch a successful business? We asked Weinberg for his tips.

Don't wait till you have a perfect product to share it

"What generally happens is people have a good idea for a startup, and they kind of sit in their bunker, producing (the perfect) product," says Weinberg. In reality, you aren't going to know what needs fixing until you get fresh eyes on the product. "And the only way to do that is to start trying to get traction right from the beginning."



Startups should be spending half their time getting traction.

Gabriel Weinberg



Test, test, test

So how exactly does one get to this number? Every business is different, so while search-engine optimization (making your website show up for key search results) might work for one startup, another company might do better focusing on viral marketing (getting your customers to refer others) or going to trade shows or speaking engagements. "Most people have no idea how to reach the market. So you have to test different channels to find the bullseye — that one channel that's going to get you to grow," he says.

RAQUEL LANIER FOR METRO NEW YORK



When testing your marketing strategy, Gabriel Weinberg suggests you consider how many customers your plan will attract, and the cost of getting one customer. HANDOUT

The art of brewing



MARKETING

Design on tap in B.C. craft beer business

Graeme McRanor
For Metro | Vancouver

Ultimately, it's the beer in the bottle that counts — but the label is what first turns heads.

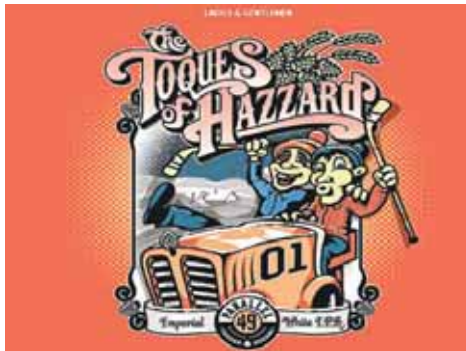
That's the view of marketers and designers engaged in British Columbia's flourishing craft-beer scene. It's a growing, multi-million-dollar market offering more choice for consumers, but fierce competition for small-batch startups trying to lure customers from increasingly crowded shelves.

"We find having branding that pops on the shelf has been critical to us getting liquid to lips," says Chris Bjerrisgaard, marketing manager at Parallel 49, an East Vancouver brewery that works with Vancouver designer Steve Kitchen (Combination 13) to produce some of this market's boldest labels.

"You see all kinds of branding efforts now — high design, wacky cartoon styles like ours, whatever you can imagine, really — it's out there."

One thing's for sure: This isn't your dad's staid stubby of beer.

Cam Andrews, partner and creative director of another East Van brewery called Bomber, thinks that the biggest change in labels over the last five years is simply the sheer number on the shelf. And they've always been



You see all kinds of branding efforts now — high design, wacky cartoon styles like ours, whatever you can imagine.

Chris Bjerrisgaard, marketing manager, Parallel 49

designed to be conspicuous.

"For Bomber, we wanted to create a brand that is nostalgic and part of Canadiana. I want people to see our cans and feel a sense of familiarity, like they've seen them before or, better yet, their whole lives."

It's also a matter of pride, says Richard Hatter, creative director of Nanaimo-based design firm Hired Guns Creative. "It's not just corporate branding, anymore. Now it's taking the big-beer model of really polished

design and crossing that over to craft beer, and now that's become more polished than big-beer design. So it's really neat to see that transition."

Adds Parallel 49's Bjerrisgaard: "Ultimately our goal is to put out a product that we're proud of in every aspect, without compromises. But I think it resonates with people. They know we're doing what we want to do without apology."

Greg Lindsay, director of marketing and sales for Victoria-

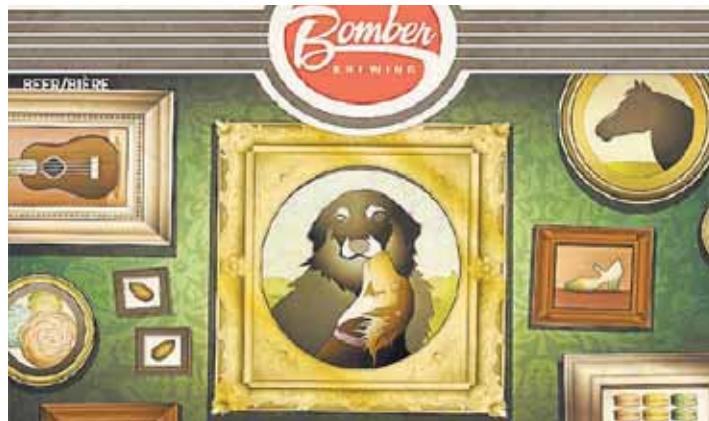


IMAGE CREDITS: PARALLEL 49/COMBINATION 13, BOMBER BREWING, SEAN FENZL

based Driftwood Brewing Company, says craft-beer marketing is evolving with the growth of the industry. "All of us work hard to create our identity inside and outside the bottle."

That's why his brewery recently turned to Hired Guns to help transform its brand.

"The competition factor in B.C. specifically has been huge with the number of breweries coming online," says Hired Guns' managing partner Leif Miltenberger. "Suddenly, there's a whole lot of fighting going on for shelf space, and one of the best tools in a brewery's arsenal

is packaging design. And that's driven the level of design up."

And, Hatter suggests, if design quality goes up, so can sales.

"For Driftwood, it's helped open up new doors into the States and across Canada. When a government buyer is looking at new products coming into their stores, especially from out of province, they're looking at packaging first to see if they can sell it, then they're thinking about the type and style of beer that's in there..."

"Sales are obviously the No. 1 thing we're concerned about from the client side. But if we

have killer artwork, if we have better artwork than everyone else, then we're going to do that."

Branding is the bait and the beer is the hook, says Andrews. "Design can help sell beer. But it can only help sell beer once. (Then) the beer has to stand on its own legs."

"For the most part, beer branding in Vancouver is well done. I think that most of the breweries have developed identities that relate to their beginnings. The test for everyone, will be whether the beer can hold up the story."

Cabbage: The comeback kid of veggies

KITCHEN IDEAS

Nutrient-dense leaves can be enjoyed in plenty of ways

Cabbage is not really one of the "cool" vegetables.

A whole cabbage can be huge and more than a little intimidating. It's hard to chop into small pieces and harder yet to peel leaf by leaf. Once you've made coleslaw, cabbage rolls or maybe sauerkraut, what do you do with it?

And if you don't cook it properly, it can smell up the joint.

Despite this, cabbage is experiencing "a nice little resurgence," says Brian Faulkner, vice-president of sales and marketing for BCfresh, the largest produce marketing agency in British Columbia.

"It's quite a nutritional food," he says, listing why he's a fan. "It's cheap. And a head of cabbage goes a long way."

There's also a renewed interest in canning and an increase in those who want to ferment their own foods.



Red cabbage is definitely the most impressive-looking variation of the cabbage family. The smaller pieces to the left are just right for braised cabbage or could be chopped even more finely to make a coleslaw. The larger pieces at right could be cut into slices 2.5 cm thick to roast or be roasted as is. THE CANADIAN PRESS/HANDOUT

"People are going back to cole crops (members of the mustard family including broccoli, brussels sprouts, cabbage, cauliflower and kale) because of their high nutritional value and because they are relatively inexpensive

for the amount of nutritional value you get out of them, and people are going back to the roots, not so much of their parents, but their grandparents."

In addition, the "eat local" and "eat seasonal" movements

make cabbage a good choice. It is grown in most provinces in Canada, says Agriculture and Agri-Food Canada, and because it stores so well it is readily available pretty much year-round.

The other main types grown

are Savoy, with dark green, crinkly leaves and a mild taste; Taiwanese cabbage, which is light green but has a flat head, with a sweet, mild taste and crispy texture; and napa or Chinese cabbage, with a pale, crinkled,

light green leaf and a white core. It is the mildest tasting.

"The different varieties of cabbage are pretty much interchangeable," says Faulkner, although there are distinctions in terms of texture, visual impact and ease of use. Two of his favourite ways to prepare cabbage are braising and roasting. He prefers green or red cabbage for those purposes because they are more dense than the others, hold their shape better and retain some crunch when cooked.

Savoy cabbage is his choice for making cabbage rolls because the heads are a little "fluffier," meaning the leaves are a little easier to peel off. "That crinkly leaf rolls much easier, is more tender and it stretches and gives a little bit before it breaks."

Chinese and Taiwanese cabbage (which can be up to 45 centimetres/18 inches in diameter and does not have the heavy veining of red and green varieties) are commonly used in stir fries and Asian dishes but also make nice coleslaw, as does Savoy, if you want something lighter and more tender than green or dramatic red slaw.

THE CANADIAN PRESS

Baby IT'S Cold Outside

EGG NOG CAFE LATTE

GINGERBREAD TEA LATTE

BLENZ COFFEE

Stamps romp over Lions

CFL

QB Jennings' injury adds to B.C.'s misery as Calgary cruise



Cam Tucker
Metro | Vancouver

The playoff debut of upstart B.C. Lions rookie quarterback Jonathan Jennings went from bad to worse, and any hope of a massive upset victory over the Calgary Stampeders quickly followed the same path.

With the Leos up 3-1 and a rather uneventful first quarter almost in the books, Jennings threw an interception to Calgary's Keon Raymond, who returned it 38 yards for the touchdown. The momentum shifted and the Lions never came close to getting it back. Their 2015 season, the first under head coach Jeff Tedford, ended with a 35-9 loss to the Stampeders in the West Division semifinal.

Jennings was forced out of the game with a reported left collarbone injury after he was sacked, falling hard to the ground in the second quarter. TSN showed Jennings emerging from the Lions' locker room at half time with a grey hoodie on and his left arm in a sling. The future of the Lions very much seemed like it was here with Jennings.

Instead, it was put on hold.

Travis Lulay, who has endured numerous injuries as a Lion in his career, entered into the game,

WEST SEMIFINAL



but by that point the visitors from B.C. were down 21 points to the defending Grey Cup champions. The second quarter proved to be a nightmare.

Dumb penalties and mistakes mounted. It turned into a romp favouring the Stampeders, who clamped down defensively in the second half, suffocating any chance of some miraculous Lions comeback. Once again, the Lions enter the off-season on the heels of a disappointing playoff loss, and pertinent personnel questions come to mind. Most notably: What does the future hold for Lulay? What does the future hold for Andrew Harris?

Based on the body of work from Jennings since he took over the starting duties in mid-September, he appears to be the future of the Lions. What does this mean for the 32-year-old Lulay? Is his time in Vancouver over? Does he still believe he can be a starting quarterback in this league? He's signed through to the end of this season and a decision from both him and the club looms. The same goes for Harris, the Canadian running back who is coming off his second career 1,000-yard rushing season and a pending free agent.



The Stampeders' Jerome Messam leaps over Lions defender Bo Lokombo in Calgary on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

Ticats' Medlock scuppers Argos

EAST SEMIFINAL



Justin Medlock gave the Hamilton Tiger-Cats another shot at the Ottawa Redblacks.

Medlock's 46-yard field goal on the final play earned Hamilton an exciting 25-22 East Division semifinal win over the Toronto Argonauts before a sun-drenched Tim Hortons Field sellout of 24,029. The Tiger-Cats head to Ottawa next weekend in the conference final after suffering two late-season losses to the Redblacks.

Medlock was more than comfortable having Hamilton's season resting on his shoulders.

"I was thinking I wanted the game to come down to me," he said. "I knew (the kick was good) as soon as I hit it."

Medlock nearly re-wrote the CFL record book in the first half. His 55-yard field goal to open the scoring was one yard short of the league playoff record.

Medlock's heroics came after Toronto's Swayze Waters hit a 42-yard field goal with 49 seconds left to make it 22-22.

Starting his first CFL playoff game, Hamilton quarterback Jeremiah Masoli finished 12 of 18 passing for 141 yards with a TD and interception.

THE CANADIAN PRESS

NHL

Slumping Canucks stumble to Montreal to face Canadiens



According to the Canucks' Twitter account Hunter Shinkaruk skated with the 4th line in practice. CLAUS ANDERSEN/GETTY IMAGES

A seven-game road trip that has been far from lucky for the Vancouver Canucks is nearing its end following yet another loss, this time to the despised Toronto Maple Leafs on Saturday.

Now the Canucks travel to Montreal to face the Canadiens, who are tied for the top spot in the Eastern Conference with 28 points, 13 wins and only three regulation losses in 18 games, on Monday. It's the sixth installment in this excursion away from Vancouver.

So far, the Canucks have

just one win — coming against the Columbus Blue Jackets — in five games on this trip. Three of their four losses so far have been by one goal. The lineup might have a small alteration to it against the Habs.

According to the Canucks' Twitter account, recently recalled forward Hunter Shinkaruk skated on the fourth line with Adam Cracknell and Derek Dorsett during Sunday's practice, while forward Alex Burrows returned to Vancouver for personal reasons,

3

The number of regulation losses the Montreal Canadiens have had in the last 18 games

though head coach Willie Desjardins said it was for a "good thing."

Meanwhile, forward Brandon Prust and defenceman Luca Sbisa skated Sunday,

while forward Brandon Suter did not skate.

Shinkaruk, a Vancouver first-round pick from 2013 who has been on an impressive scoring pace this season in the American Hockey League, was called up from the Utica Comets on Saturday, but was a healthy scratch when the Canucks lost to the Leafs.

Depending on which forwards are ready to go Monday, it's possible Shinkaruk could make his NHL debut against the Canadiens.

CAM TUCKER/METRO



Seattle Seahawks middle linebacker Bobby Wagner returns an Arizona Cardinals fumble for a touchdown as Cardinals' Lyle Sendlein pursues during the second half of Sunday's game in Seattle. ELAINE THOMPSON/THE ASSOCIATED PRESS

Cardinals pull away in race for NFC West

NFL

Arizona QB Palmer the difference with 3 TD strikes

Carson Palmer threw for 363 yards and three touchdowns, Andre Ellington had a 48-yard

SUNDAY in Seattle

39 **32**
CARDINALS SEAHAWKS

touchdown run with 1:58 remaining and the Arizona Cardinals moved three games ahead in the NFC West with

a wild 39-32 victory over the Seattle Seahawks on Sunday night.

Palmer helped the Cardinals (7-2) build leads of 19-0 and 22-7 at halftime, only to watch Seattle (4-5) rally and take a 29-25 lead early in the fourth quarter on Bobby Wagner's 22-yard fumble return that left CenturyLink Field shaking.

Undaunted by losing the

lead, Palmer led the Cardinals on an 83-yard touchdown drive, capped by a 14-yard strike to Jermaine Gresham with 8:41 remaining.

The Cardinals held Seattle on its next possession and Ellington added the punctuation, sprinting down the sideline on a third-down run to cap Arizona's big night.

THE ASSOCIATED PRESS

NFL

It took all game, but Patriots stay perfect

There's an air of invincibility and inevitability about the New England Patriots.

Invincibility because since January, they haven't lost. Inevitability because of the feeling they will find a way — something they did in their toughest test this season, edging the New York Giants 27-26 on Stephen Gostkowski's 54-yard field goal with one second remaining.

"You're one kick away from being Public Enemy No. 1," Gostkowski said. "You're always one kick away from trending

on Twitter as the No. 1 loser in America.

"But it's fun being on a good team."

The Giants, who seemed to have New England's number, were poised to knock off the Patriots (9-0) on Josh Brown's fourth field goal with 1:47 remaining. But you don't beat the Patriots with field goals.

After Brown made his franchise-record 27th straight, from 29 yards, Tom Brady drove the Patriots 44 yards, converting a fourth-and-10 on the series. He also got lucky when Giants

rookie safety Landon Collins dropped an interception; Collins said he hit his head on the turf and lost the ball.

Gostkowski, the NFL's leading scorer the last three seasons, sent his winning kick soaring through the uprights.

The Carolina Panthers also remained undefeated at 9-0 with a 27-10 victory over the Tennessee Titans.

The Cincinnati Bengals, 8-0, will put their undefeated mark on the line Monday night against the Houston Texans.

THE ASSOCIATED PRESS



Rob Gronkowski scores a TD for New England. JULIO CORTES/THE ASSOCIATED PRESS

WHITECAPS

Manneh's injury may last for a while

Kekuta Manneh's blazing speed is his greatest weapon, but a quick recovery from an ankle injury suffered eight days ago seems, at this point, uncertain.

The 20-year-old Manneh suffered the injury after slipping on the BC Place Stadium turf in the first half of the Vancouver Whitecaps' home playoff loss on Nov. 8 against the Portland Timbers. It prematurely ended his afternoon, when he appeared through 25 minutes to be the club's most dangerous attacking player.

He suggested on Thursday during the club's season-ending media availability that it was an ankle sprain, although he didn't know at the time how long it would be before he could resume his off-season training.

"But it's getting better so it's a good sign," said Manneh on Thursday.

When asked if any of his players needed off-season surgery to repair any injuries — the Whitecaps were decimated with the injury bug as the season wore on — head coach Carl Robinson said it was more "rest and recuperation."

"It's important we come back fitter next year, stronger next year," said Robinson.

Manneh appeared absolutely gutted as he hobbled back to the Vancouver bench, appar-



Kekuta Manneh STEVE DYKES/THE ASSOCIATED PRESS

ent his game versus the Timbers had come to a conclusion shortly after it began.

"It was an important game for us and coming out of that game was very disappointing for me," said Manneh.

"I was very confident going into that game. I felt like I could create something. I felt like there was more coming but sometimes things just happen and you can't do anything about it."

CAM TUCKER/METRO

SOCCER

BC Place may host World Cup qualifier

Vancouver and BC Place Stadium could be the host city and venue next spring for another 2018 FIFA World Cup qualifying match involving the Canadian squad — at least based on comments from head coach Benito Floro.

Speaking to reporters at BC Place immediately following Canada's 1-0 triumph over

ever home playoff game.

That day, the blue tarps were lifted and more than 27,000 fans packed the seats, only to see their local Major League Soccer side lose to the Portland Timbers.

But the atmosphere as Canada battled Honduras was a lively one all night. The fans stood up out of their seats in

the final minutes, helping urge their team on to an important victory.

"Probably the best Canadian crowd I've played in front of," said midfielder Will Johnson.

"They were unbelievable. It was a real treat to come in and see a lot of red everywhere. Outnumbered the blue ... and that's not always a given in this country."

The Canadian team now travels south for its next qualifier match, against El Salvador on Tuesday. CAM TUCKER/METRO

6

Probably the best Canadian crowd I've played in front of. Will Johnson

IN BRIEF

Cousins nets 36 as Kings finish strong to beat Raps

DeMarcus Cousins scored 10 of his 36 points in the fourth quarter and grabbed 10 rebounds to lead the Sacramento Kings to their third straight win, beating the Toronto Raptors 107-101 on Sunday night.

Rudy Gay had 26 points and Omri Casspi added 14 for Sacramento, which won despite committing 20 turnovers that led to 20 points. DeMar DeRozan scored 24 points, and Kyle Lowry made six 3-pointers while adding 22 points and seven assists for the Raptors. THE ASSOCIATED PRESS

Reality hits Holm for Rousey



Holly Holm shocked the MMA world with a head kick that grounded Ronda Rousey. PAUL CROCK/AFP/GETTY IMAGES

UFC

Highly fancied champ throws title away after 2nd-round KO

Ronda Rousey was the UFC's unstoppable force until Holly Holm used the former champion's aggression against her to produce one of the sport's biggest upsets.

Rousey chased Holm around the ring at UFC 193 on Sunday — looking for the right hold and taking head shots along the way — until Holm saw an opening 59 seconds into the second round and

snapped a kick to the head that immediately dropped her more fancied opponent to the canvas.

Holm (10-0) jumped on the fallen Rousey, delivering several blows to her head before the referee intervened, ending Rousey's 12-fight unbeaten run and handing Holm the bantamweight title. An ecstatic Holm jumped around the ring while Rousey stayed on the canvas as she received medical treatment amid the roar of a stunned, record UFC crowd.

Rousey, a former judo Olympian, was unbeaten through 12 UFC fights before meeting Holm, and a win would have been her seventh title defence. Instead,

Holm, a 34-year-old veteran female boxer from Albuquerque, N.M., has the championship belt. Rousey left the stadium to receive treatment for concussion and facial cuts at a nearby hospital after the loss and skipped the post-fight media conference.

UFC chief Dana White said a rematch between Holm and Rousey made "a lot of sense" and would put other potential matchups on the back-burner. In the other title bout, a bloodied Joanna Jędrzejczyk outlasted a brave showing from Montreal's Valerie Letourneau to successfully defend her straw-weight belt in a five-round slugfest.

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RECIPESHroom Cheddar Chowder



PHOTO: MARVIN B

Ceri Marsh & Laura Keogh
For Metro Canada



Let's get the week started with something easy. This creamy bowl of earthy goodness will be on the table in under half an hour.

Ready in
Prep time: 20 minutes
Serves 4

Ingredients

- 1/4 cup unsalted butter
- 1 large shallot, diced
- 3 cloves garlic, diced
- 1 carrot, diced
- 1 lb mushrooms, sliced (we like to use a mix of cremini and portabello)
- 2 cups vegetable stock
- 3 tablespoons spelt flour
- 1 cup milk
- 1 teaspoon salt
- Pinch of pepper
- 1/2 cup grated cheddar cheese for garnish
- 2 tablespoons sour

cream or Greek yogurt

Directions

1. In a large pot over medium heat, melt half the butter. Add shallot, garlic and carrot and sauté until crisp-tender. Pour in half the stock and then add the mushrooms, reduce heat and allow to simmer for 15 minutes.
2. In a small saucepan, melt the rest of the butter. Gradually add flour, whisking constantly until smooth. Add milk and bring mixture to a boil, then immediately reduce heat and continue whisking until mixture thickens a bit, about 2 to 3 minutes. Add to soup.
3. Stir in the remaining stock. Season with salt and pepper. Remove pot from heat and, using an immersion blender, blend soup until desired consistency.
4. Ladle into bowls and serve with a helping of grated cheddar, dollop of sour cream or Greek yogurt.

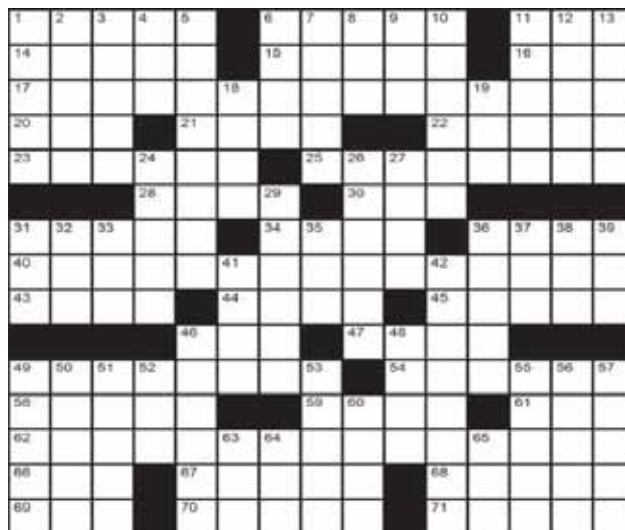
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BY KELLY ANN BUCHANAN

ACROSS

1. Rise up
6. Kind of lizard
11. O Meridian letters
14. Mr. Hirsch of movies
15. Highest mountain in Canada
16. Philosopher, -tzu
17. Canadian TV... Anna Olson or Ricardo Larrivee, for example: 3 wds.
20. Cousin of classic TV
21. Type of mineral
22. Oversight
23. Joshes
25. Emphasizes
28. Deep _ bends
30. Popular
31. Army doc
34. Actress Ms. Farmiga
36. Lively circle dance
40. Good Cheer in Acadia... Social club (the oldest in North America) which Samuel de Champlain established in 1606 in the settlement of Port-Royal: 4 mots
43. Million _ smile
44. Napoleon's exile isle
45. Tests
46. Dodgy
47. Melody
49. Method of keeping the quiet in the library
54. Endeavoured
58. Voyageur's vessel



59. Carbamide
61. _ _ _ for Laughter
62. Canadian favourites in a bag of Ruffles: 3 wds.
66. Flower necklace
67. Meal holder

68. Flood embankment
69. Crafty creation
70. Standoffish
71. Antique-style water carriers

DOWN

1. Install anew

2. Theatrically play it up
3. Flora and fauna of a particular region
4. Yore
5. Magistrate's mercifulness
6. _ sax
7. Fashion design-

- er creations
8. Back then
9. Spoil
10. Short sock
11. Lumps of food
12. En _ (All together)
13. Carries
18. Celtic lan-

- guage
19. Owns
24. Christmas tree's base covering
26. Passage from the mouth
27. Horse coat
29. Crabtree & _ (Upscale soaps retailer)
31. Maintain the lawn
32. Time division
33. Joni Mitchell's "Big Yellow Taxi" insecticide
35. Wane in the water
36. Spells caster
37. Granny, in Germany
38. Circling stat.
39. Farm animal
41. Grocery store dept.
42. Squid appendage
46. Mount Everest mountaineer
48. Put-upon
49. La _ (Milan opera house)
50. More healthy
51. Without illumination
52. Lay the turf
53. Zestfulness
55. Shade of green
56. Venomous snake
57. S s sSsS
60. Type of snorkelling site
63. Building wing
64. Brazilian city, with Paulo
65. Use an axe for shaping

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The more others agree with each other the more you will disagree. Are you being perverse for the fun of it or have you subconsciously noticed something that suggests they have got it wrong? Trust your instincts.

Taurus April 21 - May 21
There may seem to be no reason for what happens but there is a purpose. Your task is to discover what it is and make the changes work for you.

Gemini May 22 - June 21
Just because something has always been done a certain way does not mean that it must be done that way. Just because something is trendy or fashionable does not mean it is right. Go your own way.

Cancer June 22 - July 23
If you want a job done well today do it yourself. Don't listen to what the so-called experts tell you because their advice is likely to be misleading. You have enough knowledge and enough know-how to do it yourself.

Leo July 24 - Aug. 23
You will stir up some trouble today by saying things that others just cannot agree with, but that's okay. You are right to call it as you see it but watch your back.

Virgo Aug. 24 - Sept. 23
Anyone who thinks you will back down from a challenging situation does not know you well. You are prepared to battle it out. While you may not win the fight you will win respect.

Libra Sept. 24 - Oct. 23
Something will happen that disrupts your routine but there is no point getting upset. Go with the flow and believe that fate knows what is right. Everything will work out.

Scorpio Oct. 24 - Nov. 22
Sometimes the best way to help others is to leave well alone. Chances are you won't be thinking straight over the next few days, so keep your distance as much as you can.

Sagittarius Nov. 23 - Dec. 21
You believe that all things are possible, that you can overcome any challenge, and you may be right. However, Saturn in your sign warns there are powers at work that even you cannot control, so be careful.

Capricorn Dec. 22 - Jan. 20
You won't be able to rely on others for advice or assistance over the next two or three days, so you will just have to delve into your reserves of courage and handle whatever life throws at you in your own way.

Aquarius Jan. 21 - Feb. 19
No matter how impatient you may be to get started on a new project you are advised to wait. Neptune's influence could make you rather careless over the next few days.

Pisces Feb. 20 - March 20
Someone will go out of their way to provoke you today and you will find it hard not to react. Don't fall into their trap. They are hoping for an excuse to punish you.

CONCEPTIS SUDOKU by Dave Green

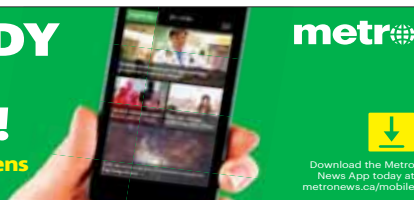
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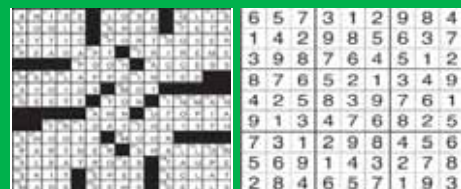


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Amira Badreldin, a third-year electrical engineering, biomedical options student, solders components for the UBC BEST Music to Movement Twist module's circuit. Gender diversity in traditionally male-dominated careers is considered vital for the province's economic success. JENNIFER GAUTHIER

More women in STEM the root of economic future

CAREERS

Diversity needed in areas dominated mostly by men

Stephanie Orford

No matter how you slice it, there aren't enough women working in science, technology, engineering and math in Vancouver right now.

B.C.'s economy is only expected to increase in the next 10 years, particularly in natural resources. The need for more workers in STEM careers is real. Yet Vancouver seems stumped on getting women into those careers.

"What's happening in Van-

couver is pretty representative of what's happening elsewhere: we don't have a significant number of women working in the STEM (science, technology, engineering and math) fields," says Sheryl Staub-French, Goldcorp Chair for Women in Engineering and associate professor for civil engineering at UBC. "It's been a problem for many years and it hasn't changed much, for decades."

If Vancouver of the future is going to have more women in STEM careers, the city is going to have to collectively get better at a few things. Each discipline has its own challenges attracting, graduating, employing and retaining women.

"In engineering, the biggest issue is that a lot of people don't know what engineering is, and they have a lot of misperceptions about engineering is," says Staub-French. "A lot

+ THE CURRENT SITUATION

- Only 19 per cent of students enrolled in engineering in Canada are women
- Girls with higher math marks in high school are less likely to go into a

STEM career than boys with lower marks

- The median salary of women 25-34 in STEM careers is more than \$9,000 less than that of men in Canada

of people think it's dirty or there's big machinery. They don't know that there's so much you can do with it."

Her team holds outreach events to break this misperceptions.

"If you look at a lot of the problems we're looking at in the world, we need engineers to help solve them," she says.

Educational institutions can play a large role in informing young women that a career in STEM is accessible and relevant

to them. That includes elementary schools and high schools, which can be doing more to help girls learn about what jobs in STEM are really like, such as presenting role models of women in those professions, and showing girls how they can get into the STEM fields.

Vancouver employers can make working environments equal opportunity for men and women by fostering gender-equal pay, work environments, and company policies that

work well for women as well as they do for men.

"Having gender diversity in your organization is a smart thing: increased innovation, stronger financial performance, improved governance with women on boards, and greater return on your human resource investment," Staub-French says.

For her program, outreach seems to be working. The percentage of female engineering students at UBC has increased to 30 per cent from 18 per cent over the past six years since the outreach began.

When every person has the opportunity to explore all of their interests in STEM, regardless of their gender, great things will happen, Staub-French says.

"I think we would be so much more efficient at solving a lot of our problems."

SCIENCE

City a 'hub' for research

How do we feed the projected population in 2050 of 10 billion people? How do we adapt to climate change? How do we develop sustainable energy resources? How do we keep the population healthy?

These four questions with what drives scientific research around the world in the next 50 years, says Alan Winter, CEO of Genome B.C.

"Metro Vancouver really is a hub for life sciences research," says Winter, citing major research centres including UBC's Centre for Drug Research and Development, the Michael Smith Labs at UBC, the Lung Centre and BC Cancer Research Centre at Vancouver General Hospital, the B.C. Centre for Excellence in HIV/AIDS at St. Paul's Hospital, the BC Centre for Disease Control, and the Centre for Brain Health, among many others.

In the coming decades, Winter sees more synergy between research groups in B.C., and further developments in areas where B.C. researchers are leading the pack.

Computer simulation of biological systems is an opportunity that Vancouver's established biotech labs and growing tech community are well poised to collaborate on. For instance, right now drug development takes years and hundreds of millions of dollars of trials, but in the future, the early stages of that could be done much quicker and more cheaply via computer.

"In 50 years we'll see truly personalized medicine," Winter says. Microscopic sensors will travel in our bloodstreams, providing real-time health diagnostics. We'll have organs grown just for us from our DNA, and we'll be able to get gene therapy to treat genetic diseases and reduce the effects of environmental triggers that can cause cancer.

"There's got to be a willingness to say Vancouver is more than a resort," says Winter. "We need to create wealth and provide jobs for young people and show them this vision of an exciting future working in these fields."

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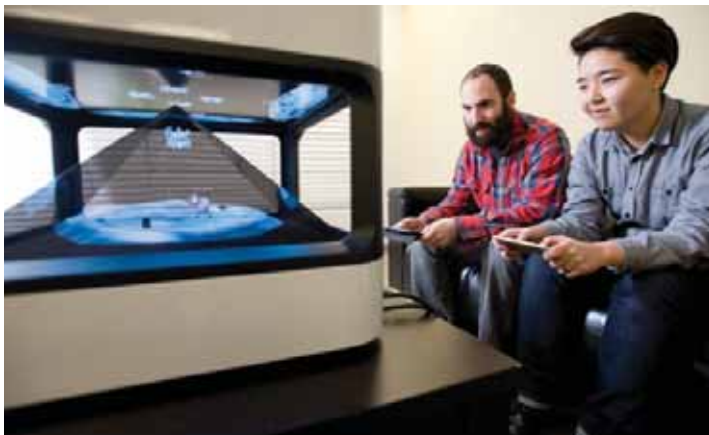
Industry branching out in new directions

Stephanie Orford

Ever since video game developer Electronic Arts set up operations in Burnaby in 1983, developing sports games for the emerging console market, Vancouver has become a hot spot for video game development.

Now it's branching in new and exciting directions, thanks to Vancouver's video game stalwarts, like Microsoft, Capcom and Kabam. Alongside a newer crop of boutique Vancouver-based studios, including A Thinking Ape and Klei Entertainment, they're pushing the envelope for what video games can become.

"(Vancouver's video game industry has) really become a global powerhouse and a strength for the B.C. econ-



Jenny Lam, right, UX/UI designer, and Henrique Arrais, games designer, play Polar Arena on the Holus at H+Technology. JENNIFER GAUTHIER

omy," says Howard Donaldson, president of digital industry association DigiBC, and a former executive at Disney Interactive and Electronic Arts.

The city is the second-largest video game hub in Canada, behind Montreal, and eighth in

the world. Provincially, the industry has 75 studios, 5,500 full-time employees, and about 1,000 employees on contract.

Since it began, the industry has experienced consistent growth, both in number of employees and revenue it gener-

ates, as well as in the types of technology it has produced.

Local studios are building on the market's ever-growing needs, and now, many local developers focus on the mobile market, where games are usually smaller-scope and take



The way we interact and conduct business is going to be influenced by this evolving culture that grew up in an era of video games.

Howard Donaldson, DigiBC

less time and smaller teams for studios to develop.

"There are so many different platforms that you can develop games on that you couldn't before," says Donaldson. "Mobile games and online games are growing faster than the console market.... Everything is going either online or mobile."

Local video game companies are looking even farther into the future, developing games and other experiences using virtual reality and hologram technologies. H+Technology has developed a hologram gaming console called Holus, and several studios are working on virtual reality games using VR headsets like Oculus Rift.

Gaming technology is branching far beyond entertainment, and B.C. developers are on the forefront. Race-Rocks 3D, located on Vancou-

ver Island, is developing 3D training for the military and is located on Vancouver Island. Ayago, located at the Centre for Digital Media on Great Northern Way, has developed an app for managing personal health care, and is working with large health-care providers in the United States.

These are uses that Donaldson sees proliferating in the coming years in professions that require a high degree of manual training and accuracy, such as pilot training.

In the coming years, Vancouver's video game industry will surge alongside the increasing use of game technologies in many areas of work and life.

"The way we interact and conduct business is going to be influenced by this evolving culture that grew up in an era of video games," says Donaldson.

TRENDS

Vancouverites go from listening to podcasts to making them

Chances are that if you're reading this, you commute. And if you commute, you've probably discovered that podcasts are a great way to get entertained, learn new things, and pass the time. But Vancouverites aren't just listening to podcasts. They're making them.

"I think what I'm seeing more than anything is that more people are interested in listening to podcasts," says Graham Clark, who hosts Vancouver-produced comedy podcast, Stop Podcasting Yourself, alongside co-host Dave Shumka. "Now there's all sorts of apps that make it really easy and there's a way bigger audience for podcasts than there ever has been."

More people are listening to them, so more people are

wanting to make them. Just like the Internet has democratized music — anybody can self-publish online — podcasts have revolutionized the concept of radio. Podcasting is quite different from radio because it can get very niche, says Clark.

Clark and Shumka are two local stand-up comedians who started the weekly podcast in 2009 when there weren't many comedy podcasts in the world. Now there are thousands.

"My friend Dave said, 'This could be a thing we could be good at.' We did it, really enjoyed doing it," Clark says.

"That was intriguing to us; that that was an open kind of field. Also it was kind of like an easy way to make something that lasts a bit longer

than telling a joke onstage. Something that could be listened to years later."

Minimum requirements to make a podcast are a computer, a microphone and a quiet room. The duo make Stop Podcasting Yourself at their studio in Shumka's house. Now that podcasts are relatively cheap and simple to make, more Vancouverites are making them.

"There seem to be more people starting up podcasts that are kind of in our orbit now, and that's exciting," he says.

Independent Vancouver podcasts include Caustic Soda, a comedy and pop-science podcast. Regular guest of Stop Podcasting Yourself, comedian Alicia Tobin, hosts a podcast called Retail Nightmares, a compen-

dium of the hosts' and guests' experiences working in retail. Fashion Hags is a new podcast by three friends who work in the industry in Vancouver. The S.S. Librarianship is dedicated to all things bookish. Local writers Dina Del Bucchia and Daniel Zomparelli hosts a podcast about Vancouver literature called Can't Lit.

"They are all projects that naturally are outgrowths of what the people do," says Clark. "As much as our podcast has become an outgrowth of us doing comedy. It's just kind of a natural addition to what they're already doing. And I think also another way to relate to the topics at hand.... It's just another way to interact with what you're interested in."

STEPHANIE ORFORD



Graham Clark, left, and Dave Shumka are the Vancouver comedians behind the popular podcast, Stop Podcasting Yourself. JENNIFER GAUTHIER



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Local food production winterized

EAT LOCAL

B.C. consumers are expecting fresh food year round

Stephanie Orford

The Fraser Valley is an incredible source of richness.

The most recent census of agriculture in B.C. in 2011 found that the Coastal Region, which consists of areas including the Fraser Valley and parts of Vancouver Island, was home to 3,000 farms growing products including tree fruits, grapes, field and greenhouse vegetables, and a diverse variety of livestock. B.C. is known for its apples, cherries, cranberries, dairy and poultry.

We grow pretty much everything. The question now is: how do we eat local year-round?

Over the past 50 years, products from all over the world have become abundantly available in Vancouver grocery stores — likewise, Fraser Valley produce is increasingly shipped all over the world.

"What we've seen over the last number of years is the globalization of the food supply system," says Reg Ens, executive director at BC Agriculture Council. "I remember as a kid eating pineapple was a treat. Now we have access to fresh pineapple all the time. Just like our blueberries and cherries are enjoyed around the world."

This globalization has led



Nasim Koohbor, quality assurance technician. JENNIFER GAUTHIER

B.C. consumers to expect fresh food year round. We don't can vegetables like we once did in B.C., for example. When winter rolls around, we buy fresh — shipped in from Chile.

"We have a culture that believes fresh is best, and overall that makes sense," says Ens. "But when it starts snowing, it's tough to get fresh lettuce, unless you're willing to fly it or truck it thousands of miles."

As Vancouver consumers increasingly search out locally grown products, they're looking for ways they can eat local year-round.

Now B.C. farms are considering how they can continue to provide products to local consumers over the winter months.

"You look at blueberries or cherries, we're hearing people looking at other alternatives, like dried blueberries. I don't think we would have seen that 10 years ago," says Ens. "People are looking at different ways of preserving and extending the

life of our seasonal products."

Growing methods like raised beds, covered crops and greenhouses help farmers extend the growing season.

Plant breeders are also selecting crop varieties that adapt better to the tail ends of the growing season, and to being preserved for winter consumption, experimenting with varieties that vary in sweetness, size, nutritional needs, hardness, and shelf life.

Climate change is also enabling farmers in some B.C. climates to experiment with crops, like kiwi, that wouldn't normally be grown in Canada.

Despite efforts of many local farms to extend their growing season, some products continue to be grown in California and other, warmer climates where the growing season is longer, labour is cheaper, and vegetable processing capacity is high, Ens says.

"Farmers are always adapting, so I think that's just the nature of the challenge."



Mavis Pierre sorts dried cranberries at Pacific Canadian Fruit Packers in Pitt Meadows. JENNIFER GAUTHIER

LOCAL INDUSTRY

A year in the life of a honey farm

Local bees provide an essential service to B.C. farmers.

"Bringing colonies to B.C. crops, especially B.C. blueberries, the grower can produce about twice as many berries and about twice as large," says Leanne Buhler, manager of Honeybee Centre, a commercial honeybee farm and country store in Surrey.

Bonus: they make delicious honey. Right now, bees are going into hibernation



Beekeeper Alan Garr wrap beehives in Van Dusen park in tar paper to insulate them for the winter. JENNIFER GAUTHIER

and the beekeeper is making sure they're warm, fed and comfortable over the winter months.

In the spring, they'll pollinate the first crop of the season, dandelions. "We always discourage people from mowing the dandelions out of their

lawns," says Buhler.

Throughout the spring and summer, the beekeepers will transport the bees to different crops as they're blooming. Blueberries around mid-February, raspberries in late spring, cranberries in mid-summer. The rest of the summer they spend in Northern Alberta making clover honey.

"We bring the bees in their wooden boxes, fit four to a pallet in the middle of the night, and we'll bring them to these different fields, drop them off," says Buhler. The beekeeper will return routinely over the following weeks, looking for signs of diseases or pests.

Honey extraction happens twice a year: once in the spring, and once in the fall. Honeybee Centre uses an electric extractor to extract about 110,000 kilograms of honey every year.



LOCAL INDUSTRY

A day in the life: Artisan cheese

There are few things as simple and delicious as a slab of creamy, tangy cheese on fresh bread. Fraser Valley-based Farm House Natural Cheeses processes nearly 30,000 litres of their own certified organic farm's cow and goat milk to produce a variety of fresh and aged cheeses and fluid milk and yogurts that inspire regular line-ups at farmers markets.

"I see the market for fresh unripened cheese products growing," says Debra Amrein-Boyes, head cheese maker at

Farm House.

The eight staff in the creamery begin their cheesemaking day early, after the cows and goats are milked, and start processing the milk by around 7:00 a.m., first pasteurizing it, then ripening it with lactic bacterial culture, set with coagulating enzyme, also known as "rennet."

The aging process differs depending on the cheese, and may take up to several years. Farm House ages their cheddars for at least one year in a humidity- and temperature-controlled aging room, turning them weekly to make sure they age evenly. In contrast, the Heidis are washed several times weekly with a special brine to aid in rind formation, and aged for at least eight months. The 65 cows and 150 goats are fed organic hay alfalfa and grain designed to give their milk the best flavour.

Shop local? Vancouver home to great brands

Abby Wiseman

From boutiques on Main Street to the big brand stores on Robson Street, Vancouver offers some of the best shopping around. But many Vancouverites don't know that the city also boasts some great brands, and we're not just talking Lululemon.

Brands like Native Shoes, Herschel Supply Co. and Obakki are all either created or made in our rainy city, which means gift givers wanting to shop local this Holiday season have some seriously high quality products to choose from.

If you're a man looking to up your fashion game then look no further than Indochino. This company is one-in-a-kind, literally. Specialising in custom mens wear, largely suits, Indochino allows men to have complete control over the look, feel and fit of their suit for a very affordable price.

CEO Kyle Vucko spent two years in Shanghai searching out tailors whose skills could compete with any suit maker in the world, creating a supply from Vancouver to Shanghai that has yet to be rivaled; making suits for men from 130 different countries. Vucko said that the key to his success is adaptability.

"We made a business that supports what the customer wants," said Vucko. "That's what makes us unique."

Originally from Victoria, Vucko made a conscious choice to keep the company headquarters local and went from online to offline by opening a shop in Gastown, which is now being relocated to Yaletown.

The great thing about Vancouver is that anyone can work all week in the city and play all weekend in the mountains, which is the perfect breeding ground for high quality outdoor equipment like Arcteryx.

Originally founded by Dave Lane and Jeremy Guard, who both climbed and wanted to build better climbing equipment. The North Vancouver company



Nancy Fedoruk of Arcteryx Design Centre, a leader in outdoor gear. CONTRIBUTED



Being measured in the Indochino showroom. CONTRIBUTED

has become a leader in outdoor gear.

"People in Vancouver don't know that we are so big globally and so well respected around the world for being the best at technical apparel, and equipment design and manufacturing," said Adam Ketcheson, Global Vice

President of Arcteryx.

The brands success relies on the people and the place that their equipment is created, drawing on the knowledge of the outdoor enthusiasts in the Coastal Mountains.

"Vancouver and the Coastal Mountains have shaped the

company," said Ketcheson. "We would be a very different company if we had been based in California like some of the other global outdoor brands, we definitely wouldn't be so laser focussed on products that are built to our high expectations around staying dry and protected."

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Gemma McNeill, co-farmer of Zaklan Heritage Farm in Surrey, displays her vegetables at the Royal City winter farmers market in New Westminster. ALL PHOTOS BY JENNIFER GAUTHIER

Smarter shoppers are sprouting

FARMERS MARKETS

People taking more interest in what they are eating

Stephanie Orford

Farmers markets are becoming more than just a quaint, convenient place to pick up local produce. They're one major way urban Vancouverites are becoming more informed about the foods they eat.

"At the heart of the growth of farmers markets is peoples' interest in health and environment and making a better world," says Roberta LaQuaglia, Operations Manager of the Vancouver Farmers Markets. "That's what out here on the West Coast motivates our shoppers."

Not so long ago, farm-

ers markets were just for those lucky who lived in the neighbourhood, plus the few diehards who would come from other places in search of fresh, local and organic.

"That has grown to a much broader base of people," LaQuaglia explains. "What the markets have done is create an education outlet where people get educated about their local food."

The upshot for mainstream grocery stores in Vancouver

“What the markets have done is create an education outlet where people get educated about their local food.”

Roberta LaQuaglia, Vancouver Farmers Markets

is a base of shoppers that's more aware of where their food comes from and how it's produced.

That, in turn, has encouraged more small-scale food producers.

"Small farmers are finding customers and vice versa," LaQuaglia explains.

The trend of farmers markets has influenced how big-name retailers sell their foods, she says. It's a good

thing, because even though the farmers markets are less frequent over the winter, small-scale vendors who produce year-round still have an outlet in larger stores who now value the authentic local products they offer.

The Vancouver Farmers Markets has been running markets in the city since 1995. Since then, they've grown into seven weekly markets in the summer, plus two weekly markets in the

winter between November and April, which offer an alternative to imported fruits and vegetables.

"We've known for the last few years is that winter is the season of opportunity for us, where we see the most growth," says LaQuaglia. Vancouver Farmers Markets winter market on Saturdays at Nat Bailey Stadium draws about 4,500 people in the four hours it's open. "Vancouver could have a larger winter market presence in the future for sure."

She envisions the farmers market experience expanding to include enhancements like personal shopping, online ordering, and more vendors with mobile payment options.

As part of its Greenest City Action Plan, the City of Vancouver plans to expand farmers markets so every neighbourhood has one. In Vancouver, the farmers market has so much room to grow.



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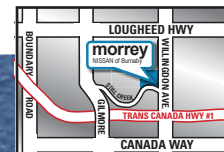
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LOCAL LOVE

Cider is the next wave of B.C. booze to flood the scene

Stephanie Orford

Now that craft beer has taken full possession of Vancouver, local distilleries are starting to flourish, and the trend for all things local has reached fever pitch, consumers are grappling for new and different locally made libations.

Cider is the next wave of B.C. booze to flood the scene.

"The craft beer movement has reminded people that there's other craft alcohol," says Shawn Pizio, director of Txotx Basque Imports, an importer of specialty cider from

the Basque region of Europe. Pizio is also instructor of Cider 101, a course offered by local craft beer consumer group CAMRA Vancouver. "Now we're seeing a big rush for craft cider."

The flavours in cider can be more accessible than those of beer, explains David Perry, president of the Vancouver chapter of CAMRA. "It's an easy palate to get into. Beers on the West Coast are heavily bitter," he says. "Cider is sweet, it's sour, it's tart, it's easy to drink — at least the entry-level ciders are."

The history of cider making is likely as long as the history of apple growing, and the drink has been historically popular all over the world, but in North America it was stunted in the 1920s when Prohibitionists destroyed large numbers of cider apple trees.

Since cider apple trees take about five years between

when they're planted and when they produce apples — the Kingston Black and Foxwhelp varieties are most prized — making cider requires a greater investment of time compared to beer and spirits. As a result, the faster-to-make products took over the market after Prohibition. Pizio thinks cider hasn't fully recovered until now.

Now in the apple-producing Pacific Northwest, cider is becoming a big deal.

Cider houses are proliferating in Washington and Oregon, and Pizio and Perry predict that B.C. will follow suit, as it did with craft beer.

One of CAMRA's most popular events of the year is their Ciderwise Craft Cider Festival, to be held in February 2016.

"B.C. definitely has some good cider houses that are really ramping up quickly and are committed to plant those cider apples," says Pizio.



The orchard at Summerland Heritage Cider Company. JENNIFER GAUTHIER

"A challenge has been to get those cider apples in B.C. A lot of the local cideries are aggressively planting."

Cider houses are also starting to get creative with their flavours, including hopped, cask aged, and iced cider varieties.

"We're starting to see people really push what cider used to be," says Pizio.

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Vancouver lit thrives online

WRITING

Embracing the Internet has increased the city's influence

Stephanie Orford

Online media have unleashed a tide of creativity in Canada's lit scene that is surging in the city right now, according to Sean Cranbury, co-founder of the Real Vancouver Writers' Series, a literature reading series that brings together writers from across Vancouver. "Vancouver will be remembered as the first Canadian city whose writers and literary practitioners fully embraced the Internet and whose creativity and influence blew up as a result," says Cranbury. "The infinite connections and instant ability to broadcast, promote, and discuss our work with other writers across the country and around the world is key to the outbreak that

we're seeing right now."

Metro-Vancouver-based writers come in many flavours, producing a wide variety of work including experimental literature, nature poetry, thriller fiction, literary fiction, young adult fiction and science fiction — "a genuine organic diverse and talent-based literary revolution."

"Everything that is possible to happen in a literary scene is happening here in Vancouver," Cranbury says.

Some creative writers hone their abilities through the respected and established Creative Writing Program at UBC, which has graduated award-winning talent including novelist and short-fiction writer Madeleine Thien, short-fiction writer Zsuzsi Gartner, and short-story writer Kevin Patterson. At the other end of the city, SFU's The Writers Studio is another hotbed for

emerging talent.

Beyond educational institutions, the DIY writing and publishing here is burgeoning. It's a backlash against the perceived lack of opportunities in the city to get published, read and listened to, says Cranbury.

The city has become a hub of writers doing it for themselves: publishing their work online, through local magazines, chapbooks or podcasts, or reading it live via one of the organizations in the city

that brings local writers together, including The Real Vancouver Writers' Series, Pandora's Collective, the Reverb Queer Reading Series, and the Verses Festival of Words.

"Vancouver artists, writers, and literary media producers are not waiting for anybody's permission to build the scene," says Cranbury. "They're using any means necessary."

“

Everything that is possible to happen in a literary scene is happening here in Vancouver.

Sean Cranbury

STYLE

City's function over fashion reputation no longer a faux pas

Abby Wiseman

Vancouver has received accolades for its stunning scenery, active lifestyle and general livability, but it has never been able to shake its less-than-fashionable image. But with neighbourhoods like Gastown and Mount Pleasant becoming havens for high-end boutiques with local and international designers, this city may never make another bad fashion list again.

Vancouver fashion blogger Alexandra Grant has lived in Toronto and France and said

she never saw the style in the first place.

"I think people have odd ideas of what Vancouver is all about," said Grant. "I see great fashion everywhere."

Grant, who created the popular Vancouver blog To Vogue or Bust, believes that Vancouver's less than stellar style reputation has more to do with the Vancouverites lifestyle, than its inhabitants' material tastes.

"I think Vancouver is just an active city and I think that kind of perception of being a bit more functional in terms of our fashion choices has misled people into thinking that we're



Pedestrians walk along Georgia street. JENNIFER GAUTHIER

not stylish and don't have a fashion sense," said Grant.

The good news for those



TOP: Feature poet, Chimwemwe Undi performs at the Vancouver Poetry Slam at Café Deux Soleils. ABOVE: Wala Zaidan at the open mic of the Vancouver Poetry Slam. JENNIFER GAUTHIER

City's function over fashion reputation no longer a faux pas

changing. Sport chic is in, said Grant, which means Vancouverites are already on trend.

"The world is starting to see that style doesn't have to be something that's just an expression, but something that can better our lives, now all of a sudden we're on the upswing," said Grant.

Local brands such as Obakki, Kit and Ace and Herschel are perfecting functional fashion. Even Lululemon has Lululemon Lab, which marries active wear with high street fashion using many of the same materials that put Vancouver on the yoga-pant-not-list.

Grant sees Vancouver's fash-

ion evolution continuing with people incorporating more style into their everyday wardrobe, rather than clothing being all function or all fashion, but a hybrid of the two. That being said she doesn't believe Gor-Tex and rain boots are going anywhere any time soon, but if any one balks at our love of waterproof everything, we can blame the weather.

"I'm a fashion blogger and do I have a rain jacket and a parka and items that deal with the weather, but it's the same in Toronto. There are just functional things you need," said Grant, adding that gumboots are only OK a few days a year.

Vancouverites who hate being on a global worst dressed list is that the fashion world is

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